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# Foreword

Dance may have been created for enjoyment, aesthetic expression, and socialization; but these days, it is considered one of the most effective ways of exercising for fat loss. In this course – Dancing your Fats Away – you will learn some of the things that make dance or dancing an excellent method of getting fit and healthy. Get all the info you need here.



## ***Dancing Your Fats Away*** Things You Can Learn From Dancing Classes