

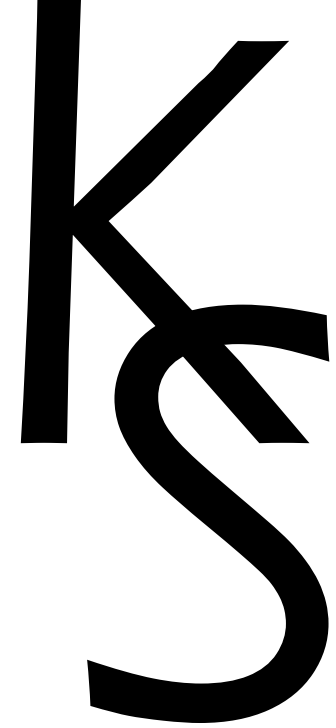
KARINA
SMIRNOFF
DANCE FIT
SERIES

UK

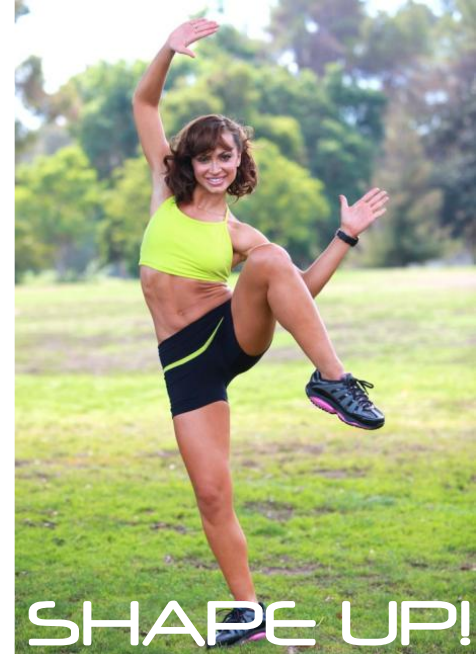


DANCE FIT





KARINA
SMIRNOFF
DANCEFIT
SERIES



(Above): Karina leads a group of resort guests in her DanceFIT class. (Below): Karina gets kids to bust a move at a school class.

And what better way is there to do it than with World Champion Dancer and Television fan favorite, **KARINA SMIRNOFF**!

The **DanceFIT WITH KARINA** experience will give your hotel, resort, cruise line, event and corporate guests a way to get fit, have fun and create an unforgettable memory at your resort.

Having a celebrity fitness/dance instructor will allow guests to learn from the BEST and inspire them to keep coming back for more.



KARINA SMIRNOFF DANCEFIT SERIES

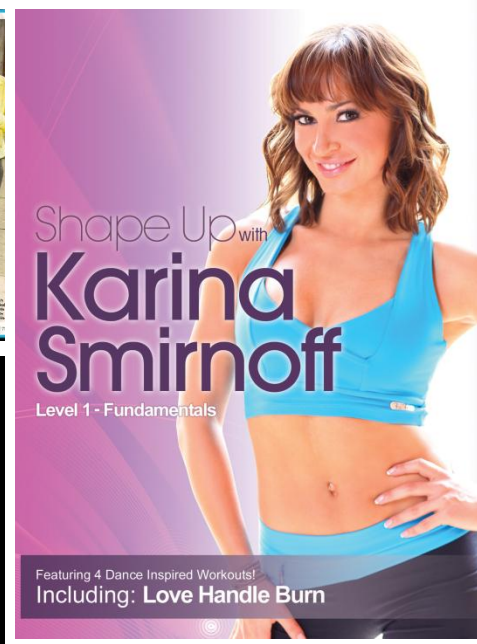


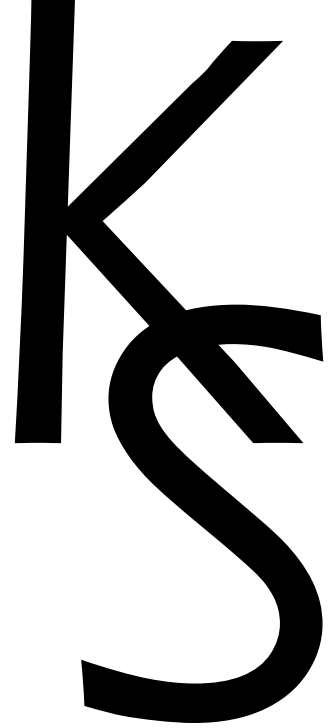
DANCING // QUEEN

KARINA SMIRNOFF DEFIES GRAVITY WITH EVERY TWIRL AND HIGH KICK ON ABC'S MONSTER HIT DANCING WITH THE STARS. INTOXICATING, AS THE SHOW'S MOST RECOGNIZABLE INSTRUCTOR



Shape Up with Karina Smirnoff is a proven part of the current DanceFIT program, which has generated magazine covers & other press coverage making it the hottest workout you can find...ANYWHERE! The best-selling SHAPE UP WITH KARINA DVD has taken KARINA SMIRNOFF all over the world to share body-trimming secrets with lucky travelers & vacationing fun-seekers!





KARINA
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The **DanceFIT** program is designed for all fitness levels. Karina Smirnoff can tailor classes to the needs of your clients and guests. Karina will also help participants to achieve better results through education on proper form and technique. Some other benefits of the program are:

- *Learning some favorite dance steps while building strength
- *Losing inches and increasing stamina
- *Burning fat and calories while having fun!
- *Confusing the muscles to get more effective results
- *Learning to optimize a workout

The **DanceFIT** retreats can be designed to include **dance lessons** for your guests too. Depending on the programming you determine to be right for your resort and audience; Karina offers everything from Cha Cha to Samba to Waltz. We are happy to create and customize a program that is sure to please your guests and any hotel clientele looking to learn some new moves.

The **DanceFIT** retreats can be anywhere from 1 day to 1 week depending on the end goals of your company. Karina's **DanceFIT** team is ready to work with you to design a program that truly is unique to its hotel, resort, cruise line, corporation...or even special event.

Some examples include:

- *1 day DanceFIT Appearance by Karina includes:
 - Meet & Greet with photos and autographs
 - Shape Up with Karina Smirnoff dance-inspired fitness class
 - Dance class (style determined Karina)
 - Option to add an additional dance or fitness class

***3 and 4 Day classes are also available**



- *2 day DanceFIT appearance by Karina includes:
 - Shape Up with Karina dance-inspired fitness class
 - Cocktail Reception
 - Shape Up class (Day 2)
 - Autograph and Photos with Karina
 - One Dance class



KARINA
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DANCEFIT
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DanceFIT WITH KARINA also works with many Hotel Groups and Cruise Lines to create "tours." These tours can be anywhere from a few days to a week; within market or multi-city. Our team will work with you to get the most out of your booking!

TO BOOK YOUR DanceFIT RETREAT TODAY, OR FOR MORE INFORMATION, PLEASE CONTACT:

Lindsay Rielly at 310.308.2989

Lindsay, along with her team, will work to customize the ideal DanceFIT retreat/tour for you and your guests/clients!



CONTINUUM
ENTERTAINMENT GROUP