

Dance Workshops and Team Building

In addition to hosting our own speaking, dance, and team building events, A Body In Motion has staff for hire to come to your practice or team event for dance training clinics, team building workshops or motivational speaking in several areas. Give your team the winning edge with tips and training from our highly experienced staff. Hire us for both a speaking appearance and dance workshop and receive a discounted rate!

Public Speaking Appearance: Receive instruction and training in the following areas - Motivation, Health/Fitness, Glamour/Beauty, College or Professional Audition Prep, Public Speaking Training.
\$75/hour

Dance/Team Building Workshop: An intense dance workshop meant to improve technique and get the body moving while creating a closer bond with team mates. Workshop includes - Stretch, Technique, Dance combo, and a Team Building activity. **\$150/ hour**

Hire our Staff for both sessions and receive 2 hours of speaking, dance, and team building activities for only \$200! If your location is 45 miles or farther from our studio location, a mileage fee of .35 cents per mile will be added to your fee. Total miles to be charged will be calculated according to Map Quest measurements.

Thank you for choosing to be a body in motion and inviting us to get your team in motion! It's time to get moving!



On The Historic Carrollton Square
1201 S. Broadway, Ste 101
Carrollton, TX 75006
972-245-6252

www.abodyinmotion.us