



BERKSHIRE SALSA

307 North St.
Pittsfield, MA 01201

(413) 347-2801

berkshiresalsadance.com

MISSION

The mission of the Berkshire Salsa is to create an environment where both students and instructors have the freedom to be creative as they have learning a dance style or to stay healthy while taking one of our fitness lessons.

The goal is to help others learn both dance and workout routines, ranging from salsa and Ballroom dance, to Zumba and p90X. There are both private and group lessons, including wedding dances.

HUMANITIES EXPERTISE

Berkshire Salsa Dancing pursues these goals in their many classes, in both dance and fitness while also granting a fun opportunity to make new friends.

CONTACT

Fun@BerkshireSalsaDance.com

HUMANITIES RESOURCES & PROJECTS

PROGRAMS

- [Salsa](#) : Learn the footwork, musicality, posture, spins, styling, and partner work of the most popular latin dance in the world. Salsa Dancing has been, for years, the most popular Latin social dance in the world. Although it's mainly a couple dance, it is also very enjoyable when danced individually.
- [Bachata](#): A sensual, romantic, and rhythmic style that is usually danced in couples. Originally from the Dominican Republic, bachata dance is one of the most popular Latin dances and tropical rhythms all around the world.
- [Latin Fusion](#): An hour dance class that breaks down the basics of salsa, bachata, merengue, funk do brasil, reggaeton and dancehall, and mixes them to today's hottest Latin hits.
- [Hip-Hop](#): Hip-hop dance refers to street dance styles mainly danced to hip-hop music. The three main hip-hop styles are breaking, locking, and popping.
- [Zumba Lessons](#): Zumba uses a mix of Latin rhythms (such as salsa, merengue, bachata, flamenco) and cardio movements that has become a very popular way to exercise and lose weight.
- [Mixxed fit](#): MixxedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning.
- [Total Body Hiit](#): Build every major muscle group with the use of dumbbells, bands and body weight as well as effectively targeting those smaller muscles that help define, lift and sculpt those weaker, less toned areas.

EVENTS

* *Lessons and additional calendar events listed [online](#).*

* *[Latin night](#) schedule listed on the Berkshire Salsa's [Facebook](#).*

RESOURCES

- The Berkshire Salsa [testimonials section](#) showcases reviews of both dance and fitness lessons.