

## MOLLY BURNSKY

## Dance Workouts, Kettle Bell, Pilates, Zumba!



Molly Burnsky

Molly graduated from Towson State College in Baltimore, MD with a BFA in Dance before beginning her 20 year professional career. She worked in numerous shows from Washington DC, New York City, Puerto Rico, Reno/Tahoe and travelled the world with cruise ship contracts.

Her post-professional performing career, developed into teaching dance, pilates, Gyrotonics, yoga and a variety of fitness and trends.

For the past 10 years she has worked beside physical therapists, helping with rehabilitation exercises and with post-rehab personal clients at Dynamic Movement Physical Therapy and Perfect Balance Therapies.



**The Kettle-Bell Concept** is exciting because it involves flowing movement and grace combined with power and strength using a weighted kettle bell, this helps develop function, strength and flexibility.

**Molly is happy to be a part of the Zumba Fitness Craze sweeping the nation!**

**ZUMBA!** Is a fun and exciting way to burn calories, bringing Latin-style dancing to the mainstream so every level of student can enjoy the Latin Beats and rhythms. The music and repetition of steps develops into a superior workout!

FOR MORE INFORMATION ON MOLLY'S CLASSES : Call 775 825 3687 or email: [amanda\\_dancin@hotmail.com](mailto:amanda_dancin@hotmail.com)

