



## **JULIE ROICK**

**SPONSORED BY PHUSIA**

I've danced since I was a little girl. Not one to be a performer, I graduated with a teaching emphasis from the University of California at Irvine. I married right after graduation. Kelsey, Chloe, Vince and Paige were born soon afterward and I was busy raising them. I divorced, moved to Vermont with my children and started a new chapter. I remarried, opened a gym with my husband Ernie, and had our baby Brock. I then rediscovered dance and reclaimed my bliss. I created Phusia, an interval style women's dance class. Theoretically, Phusia is a dance class; in actuality it is much more. Our instructors inspire women to dance and gain confidence in a supportive sisterhood community. It's a meditation, a challenge, a workout, a stress reliever, a movement, and an inspiration. Phusia's impact goes beyond the studio. Some people believe they were meant for something bigger than themselves. I'm one of these people. I believe I am here to inspire women, no matter where life has taken them and Phusia is my means.

### **--CLASS DESCRIPTION--**

#### ***Phusia***

A fusion of unique dance routines for women, specifically choreographed to popular music. By fusing several styles including country, hip hop, Latin, jazz, contemporary and more, Phusia offers something for everyone. Participants master familiar choreography and are challenged by new additions. Unlike dance fitness classes where the movements are often very repetitive, Phusia challenges participants by offering a variety of choreography. Cardio hip-hop classes and Latin-based cardio classes fall short of this concept.