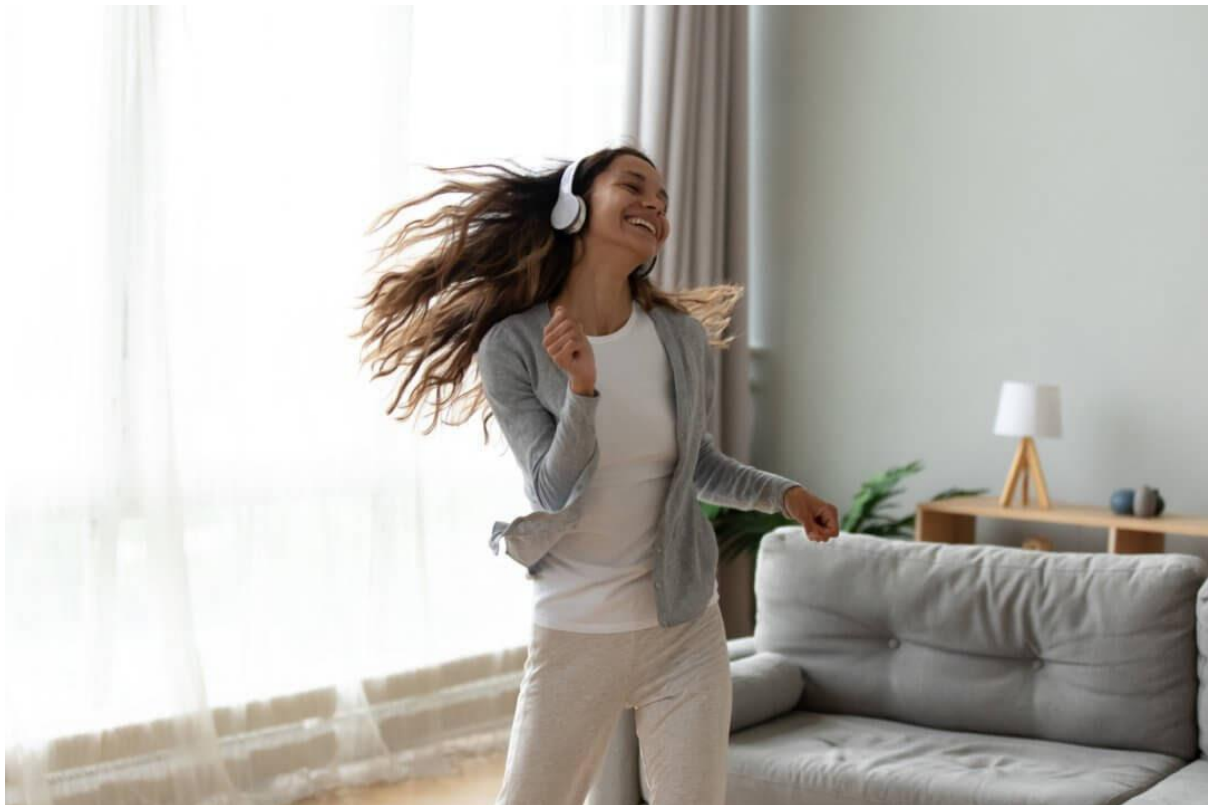


Press release

Bring the club feeling into your living room with Urban Sports Club

Berlin, Germany, 04.06.2020 – Summer is all about dancing in the open air at parties and festivals, but this year everything will be different. Instead of partying with our best friends and dancing to bands and DJs, clubs will be closed and all our beloved festivals cancelled. That's why Urban Sports Club wants to show you how to get into the party mood in your own home or garden. With its new offer, the sports and fitness flatrate now has access to online dance courses via livestream. Whether it's Hip Hop or Booty Therapy, the trainers will provide world-class moves that'll turn any member into a top dancer while working the whole body. And dancing has another excellent side effect - moving to music produces happiness hormones such as dopamine and endorphins, guaranteeing a good mood for several hours. And streaming within your own four walls has another advantage: testing new dance styles without worrying about anyone else watching!



Hip-hop festival in your living room

Whether in the club, on a playlist or in your own wardrobe, hip hop has been an integral part of the global music scene for decades. [TANZPROJEKT MÜNCHEN](#), founded in 1975 by choreographer



Birgitta Trommler and dance dramaturg and performer Angela Dauber, offers courses for beginners and advanced dancers. Participants can expect a varied mixture of individual movement and dance techniques. Coco, a passionate teacher and choreographer from the Paris school [New Style and Co](#), has also made it her mission to teach Hip Hop. Her students admire her creativity and you can experience it too by simply signing up, streaming, grabbing a roommate or best friend and dancing along to the beats in your living room. This won't just put you in a good mood, you'll experience a full body workout too. Et voilà - with hanging fairy lights, a few drinks and the right dance class, you can create a festival in your own home.

From Breakdance to House to California Barre

For those who cannot decide which dance to choose, [Flying Steps Academy](#) offers a wide range of styles from breakdance to house dance and freestyle. Situated in the heart of Berlin, Flying Steps Academy is the largest urban dance school in Germany and offers a unique spectrum of different styles which is ideal for creating a personalised program with different dances and music genres. The [California Barre](#) method, created by Sophia Jeremiasz, provides variety. A former soccer player, Jeremiasz developed the method after she left the States to start a new life in Paris. The method is a combination of isometric training, yoga, Pilates and classical dance positions. Three sensations define Sophie's lessons: "burning, shaking and toning." In her classes, members will perform muscle strengthening movements that shape the body and improve posture.

Insider tips: "Booty Therapy" or Oriental "Kreadance"

For those who want to try something different, Maïmouna, choreographer and inventor of "Booty Therapy", is the right partner for you. In her class she teaches people how to shake their hips. This is an ideal choice for festival fans who like to work off their energy on the dance floor. With Afro-urban styles such as Coupé Décalé, Kuduro, Ragga Dancehall, N'Dombolo and Naijs, Booty Therapy will help you "shake off" everyday stress. [BOOTY THERAPY](#) is a concept that promotes power and humour. The course promises self-confidence, positive energy, an improvement in coordination and a toned body. The Parisian dance studio [Kreadance](#) allows you to express yourself in movement so your grace and elegance will be a secret no longer. The class is open to beginners, and as the course progresses students will create their own choreographies.



About Urban Sports Club

Urban Sports Club offers a flexible sports flat rate. The aim is to motivate people to take part in sports through the largest and most varied range of offers and to encourage them to lead a healthier and more active lifestyle. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can compile their individual training plan from over 50 sports and more than 8,000 partner locations - including OneFit there are more than 10,000 - in six countries (Germany, France, Spain, Italy, Belgium, Portugal) and check in to the sport via smartphone app. Diversity, flexible conditions as well as organized team sports and wellness offers round off the range of services for private and corporate customers.

Due to the current COVID-19 situation, Urban Sports Club has temporarily changed its offer to online courses. The interactive training units take place via livestream in real time. This gives users access to thousands of courses from hundreds of partner locations in Germany and Europe.

Please do not hesitate to contact us if you have any questions.

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