

## Upbeat styles keep 'Synergy' dancing

*By June Smith*

Since opening the doors two short years ago, Synergy Studios/DanceSynergy, (now Santa Cruz Dance Company) has been scrambling to keep up with a demand for more dance classes. In September of '04 a second studio was added at the Aptos location and new classes begin in Watsonville on March 1st.

More than a dance class

Synergy Studios specializes in hip-hop, jazz and "street" jazz dance. Youth classes are offered for kids from age two. "These dance styles are inviting to kids and teens because they are fun and up beat," says director Joy Smith. "Kids are already familiar with the music and can't wait to learn to dance to it."

Pop culture brings kids into the studio who may have not have previously thought about dance. "They come for the music, but through dance learn discipline, teamwork, and responsibility," comments Smith. "Students learn to love the challenge and to express themselves to the fullest. Kids who were once considered shy transform before our eyes. The number one comment I get from parents is how the program has boosted their child's confidence."

Synergy Studios has the largest adult population of dance students in the area. Because hip hop and cardio funk has less impact on the body than many other dance forms, adult classes are buzzing with exhilarated, adrenaline filled dancers. Students come from all walks, are all shapes and sizes and at all experience levels. Adult classes are ongoing and drop-ins are welcome.

For absolute beginners, there is a class on Saturday mornings at 11:15-12:15.

Their story

The studio, located in Aptos Station is a synergy between two businesses that have flourished and complimented each other from the start. Joy Smith (Synergy Studios) and Frank Duncan (DanceSynergy) have been friends and associates on the dance and fitness circuit for almost 25 years.

Frank has a background in musical theater. He toured the country in a Las Vegas show group and later appeared in the Richard Simmons exercise video "Sweatin' to the Oldies III." In 1986 he became a certified professional trainer, and co-founded Personal Fitness in Aptos in 1997.

Joy spent most of her career as a dancer and choreographer in Europe and Asia (for music videos, movies, TV specials and live concerts) as well as in the area of instructor training and development.

Frank founded and built the beautiful, spacious, state-of-the-art studio and together the two have begun what they call "a new dance studio experience."

Location Location Location

From Santa Cruz to Watsonville, students and parents are thankful for a dance studio with easy access and plenty of parking that is close to schools and family neighborhoods.

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831-684-1009 [www.synergystudios.net](http://www.synergystudios.net)