

'Experience of dance'

DanceSynergy Studio opens in Aptos

By JUNE SMITH

SENTINEL CORRESPONDENT

SANTA CRUZ — Synergy: /n. The interaction of two or more agents to produce a combined effect greater than the sum of the parts.

This is the way Frank Duncan, director of the new DanceSynergy Studio in Aptos, wants students to experience his studio.

"I chose the name because I want to identify the space with this understanding of the experience of dance," Duncan said.

The studio opened in November and is located in Aptos Station near the entrance to Nisene Marks State Park. It has a professional-quality suspended beechwood dance floor, surround-sound stereo and high-tech disco lighting.

Classes are open to all ages and taught to match the experience and ability level of each student.

Duncan and associate Joy Smith have more than 40 years of dance instruction experience.

"We teach what we love, and that's what makes it so fulfilling for our students," Smith said. "What could be more fun than dancing your way to fitness and vitality? The happy faces of our students at the end of a class say it all."

DanceSynergy Studio

WHAT: Dance and fitness studio.

OWNER: Frank Duncan.

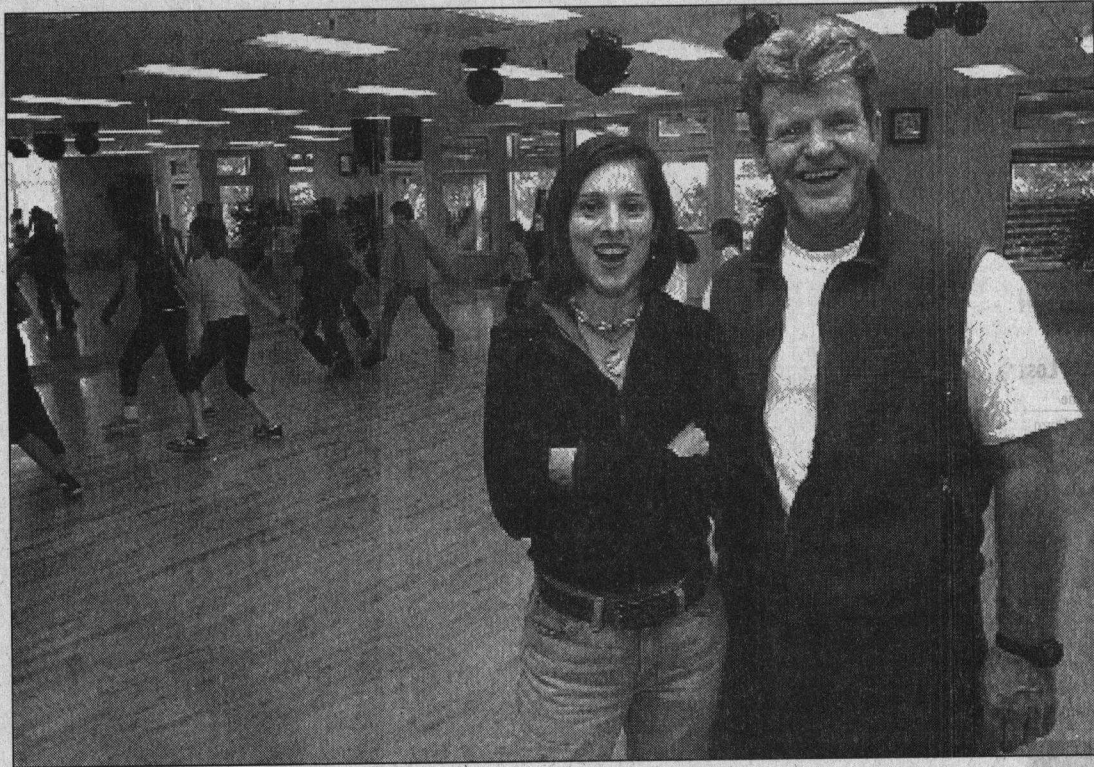
WHERE: 8035 Soquel Drive, Aptos.

CLASSES: Duncan's classes are Monday through Saturday and consist of dance workout, dance circuit and cardio blast. Joy Smith's classes are Monday through Thursday and include cardio funk, cardio kickboxing and cardio salsa. Bodyrock Kids, after school on Tuesdays and Thursdays, is taught by members of Joy's dance company.

INFORMATION: To view rates and schedule of classes, visit www.dance-synergy.com or call 661-0217.

As a teenager, Duncan danced professionally on television and studied ballet and jazz dancing while in college in Ohio. He toured the country as a singer and dancer in a Las Vegas show group and appeared in the Richard Simmons video "Sweatin' to the Oldies III." Duncan became a certified professional trainer in 1986, and co-founded Motivation Plus Personal Fitness in Aptos in 1997.

Smith has made her mark as a choreographer in Europe and



Bill Lovejoy/Sentinel

Joy Smith and Frank Duncan at DanceSynergy, their new Aptos dance and fitness studio.

here in the United States.

Her list of credits includes choreography for music videos, movies, television and concerts. She is known for training young dancers from beginning through professional stages of dance to be strong, confident and self-expressed.

While based in Paris for seven years, Smith was awarded International Presenter of the Year and Funk Instructor of the Year

in Italy and France. She continues to travel to Europe to teach at dance and fitness conventions, perform with her dance company or choreograph for other performers.

Her latest project at DanceSynergy is the opening of Bodyrock Kids, a hip-hop street dance instruction program designed for children ages 6 to 18.

Birthday parties are offered for kids that feature a dance les-

son, free dance and disco lighting.

Their mantra: "When we dance, the spirit soars. We do more than just train together and have fun. We experience ourselves in new ways. DanceSynergy is a space where these things can happen."

Contact June Smith at jcopeland@santa-cruz.com.