Abstract

Title

The analysis of dance group lessons offers in fitness centers in Prague.

The aim of the work

The aim is to analyze and compare offers of group dance lessons in ten selected fitness centers in Prague.

Methodology

Methods of qualitative and quantitative research were used to meet the goals of this work. Moreover, descriptive, document and comparative analysis were used to compare the frequency of the dance lessons. The results were processed using statistical methods in Microsoft Word.

Results

Research has proven that the fitness centres repeatedly offer two most common group dance lessons, which include Zumba and aerobics.

Keywords

dance, group lesson, aerobic activity, fitness, physical activity