

# Business Connection

Strengthening the local economy and serving members for 70 years



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## Business Spotlight



Breckenridge Dance and Fitness offers group classes with no more than 10 people in class, allowing individual correction and attention while benefiting from the energy of the group.

## Strong mind, strong body

Jill Breckenridge wanted to create Breckenridge Dance and Fitness to share her passion and the positive effects dance can have on everyone. A side from the fact that dance is fun, she has witnessed dance help people with Parkinson's, build confidence, increase weight loss, and bring couples together.

"Our business provides dance and fitness training for adults of all skills levels and abilities," said Jill. "With a focus on posture and correct form, we strive to educate clients on how to practice mindful movement to achieve their goals."

Breckenridge Dance and Fitness divides their services into two categories: small group training and private sessions. Small group training: Group classes with no more than 10 people in class allowing individual correction and attention while benefiting from the energy of the group. Private Sessions: Hour-long, one-on-one sessions in styles ranging from ballroom dancing, first dance choreography, flexibility training, calisthenics, pilates, tap, ballet, and many more. You can choose to focus on one discipline, or work with Jill to create your own fitness program combining elements from all styles.

Jill Breckenridge is new to the San

Francisco Bay Area, originally from Boston, MA. Jill received her BFA in Modern Dance from the University of the Arts in Philadelphia, PA and began her journey west. In that time, she has danced professionally in Philadelphia, Las Vegas, Portland, and San Diego. Some of her work includes being a

showgirl in Jubilee!, a hair model/dancer for L'Oréal Professional, a ballroom dance competitor, as well as a dancer for San Diego Dance Theater. Her passion is to learn as

many styles of dance as possible so she can share the many benefits, the diverse world of dance can offer.

Teaching her first dance class when she was 18, Jill has almost 10 years of teaching experience. In those years, she has taught all ages from 8-98 and a variety of style. Her favorite thing about choreographing is being able to add personal touches and choosing movement based on the individuals, customizing the dance to the dancers.

Learn more about Breckenridge Dance and Fitness on Instagram, Facebook or online at [www.breckenridgedance.com](http://www.breckenridgedance.com). Breckenridge Dance is located at 4292 Sturley Blvd. in Pleasanton. Call Jill at 925-425-7484 or email [breckenridge.jill@gmail.com](mailto:breckenridge.jill@gmail.com).



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