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There Is Now A Fitness Class That Teaches You How To Dance Like Beyoncé

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 [_ \(mailto:?subject=Elite Daily: There Is Now A Fitness Class That Teaches You How To Dance Like Beyoncé&body=For one hour, you too can dance like Beyoncé. At least that's the idea behind Chelsea Studios' Beyoncé-themed dance fitness classes, where every Monday people start lining up at the door to learn Queen B's moves and sweat it out for an hour. The class offers dance cardio, which each evening picks a different Bey \[...\]\)](mailto:?subject=Elite+Daily:+There+Is+Now+A+Fitness+Class+That+Teaches+You+How+To+Dance+Like+Beyoncé&body=For+one+hour,+you+too+can+dance+like+Beyoncé.+At+least+that's+the+idea+behind+Chelsea+Studios'+Beyoncé-themed+dance+fitness+classes,+where+every+Monday+people+start+lining+up+at+the+door+to+learn+Queen+B's+moves+and+sweat+it+out+for+an+hour.+The+class+offers+dance+cardio,+which+each+evening+picks+a+different+Bey+[...]http://elitedaily.com/entertainment/this-fitness-class-teaches-you-how-to-dance-like-beyonce/)

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For one hour, you too can dance like Beyoncé.

At least that's the idea behind Chelsea Studios' Beyoncé-themed dance fitness classes, where every Monday people start lining up at the door to learn Queen B's moves and sweat it out for an hour.

The class offers dance cardio, which each evening picks a different Bey song off her self-titled album and teaches the choreography to the 30 or so Yonce fans in attendance.

The dance moves are based off what you'd actually expect to see in a Beyoncé music video or concert set, and are all taught by instructor Mitchell Wayne. At just \$18 for the hour, Beyoncé-enthusiasts end the session having performed an approximately five minute sequence just like Queen B herself.

Previous participants have said it "doesn't fee like a workout," but if the class includes all the sashaying and hair flipping of a typical Beyoncé dance (<http://elitedaily.com/entertainment/celebrity/guy-dances-to-beyonces-crazy-in-love-and-absolutely-kills-it-video/>), then they are definitely working it.

So, see everyone Monday?

via New York Times (http://www.nytimes.com/2014/04/10/fashion/Beyonce-Dance-Workout-Class.html?_r=0), Photo Credit: WENN



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There's a wearable device for everything these days: Some measure your sleep cycles, some emit perfumes meant to aid in daily activities and one even allows users to charge their phone by masturbating. The latest, however, is undoubtedly the weirdest. It's a



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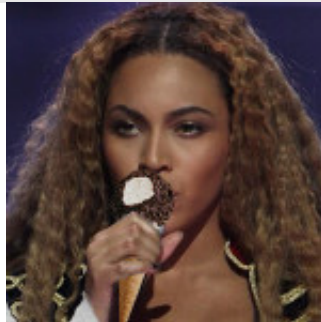
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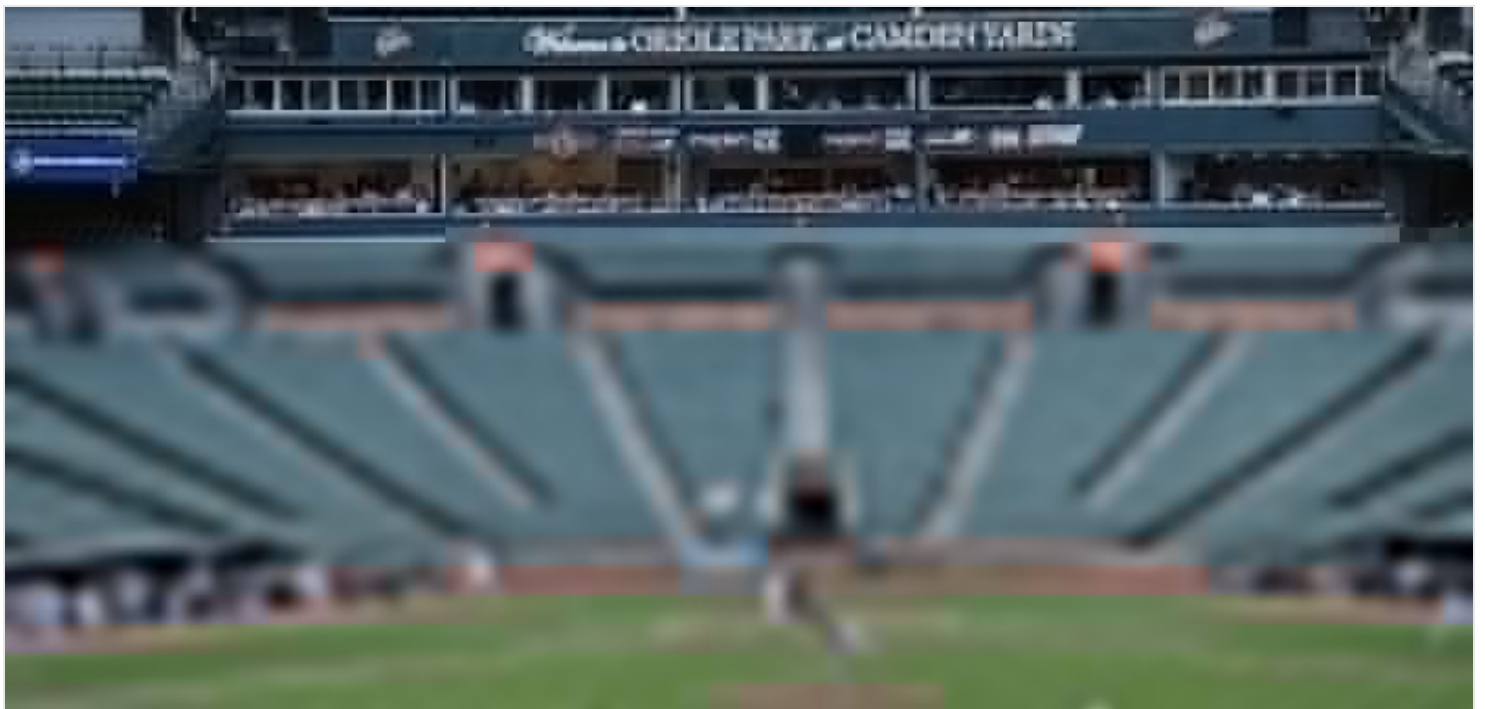
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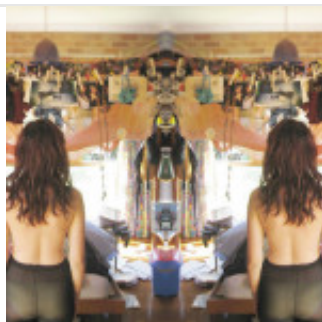
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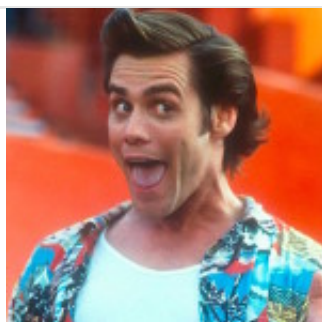


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