

## A New Year's resolution: Tap your way to a better 2015

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*Looking for a fun way to achieve those New Year's resolutions like losing weight and getting in shape?*



Brianna Cassisi, a clogging instructor with Speed City Cloggers, dances recently in Ormond Beach.

*News-Journal/LOLA GOMEZ*

### Facts

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NAME: Brianna Cassisi

AGE: 41

RESIDENCE: DeLand

OCCUPATION: Clogging instructor, bookkeeper

*Why not tap your feet to your favorite music?*

*Brianna Cassisi, a clogging instructor with Speed City Cloggers in Ormond Beach, spoke with The News-Journal after demonstrating a routine set to "Hey, Soul Sister" by the group Train.*

**What makes clogging a good form exercise?**

I can come here in a bad mood but it goes away when I start dancing. It gets my blood pumping. It's mental flossing, too. It's a lot of fun.

It has cardio, strength training for your legs, and (there's a lot of) thought. You have to remember steps, the patterns. A student said it's "good for our aging brains."

Once in a while I might go to the gym (laughs), but dancing is by far the most fun.

**What kind of music do you dance to?**

You just need a steady beat with a nice sound to it. Some people enjoy country music so they dance to country music. I enjoy more pop and rock so I do that. There are hip hop groups too.

(As part of our philosophy) we feel our creativity is best expressed by dancing, original choreography and bold song choices.

***So it's not all bluegrass?***

One reason why I like it so much is that you can do it to all kinds of music.

Traditionally, it was fiddle music. It did derive from Irish and Scottish folk dancing. The Appalachian region is where a lot of (the original cloggers) settled, where the music developed into the bluegrass style.

***Do you wear wooden shoes?***

Most people think it's wooden shoes, but the shoes are considered jazz Oxfords and are usually made of leather, with a hard sole. Of course, the taps add that special sound.

***Don't you feel self-conscious when you make a mistake that everybody can hear?***

The key when you mess up is not to stop. That's something I try to teach. You can mess up, and everybody messes up. Just keep going, get back into it and have fun with it.

***How can someone get involved?***

The beginner classes will be on Thursdays, starting Jan. 8, 2015 and go from 7:15 to 8:45 p.m. After students complete both the 8-week beginner class and then the 8-week intermediate class, they are invited to come on Mondays as well, from 7:15 to 8:45 p.m. for a (drop-in) club dance.

We dance at the Elite Academy of Music and Motion at 142 E. Granada Blvd., Suite 2B, Ormond Beach. It is in the Fountain Square Shopping Village. We are located on the parking lot side of the building. There is a red door on the left.

The best number to sign up is the Elite Academy of Music and Motion phone number: 386-256-5847.

***Have any guys signed up?***

Not in this club (yet). In other clubs I have been involved in, there's been a lot of guys. Clogging is for men, women and children. Everyone. There is a (variety of people) at workshops all over the state. Clubs put on workshops throughout the year. Florida has a governing council for clogging. They host a two-day convention that travels around the state each year.

Clogging is a little bit of socializing and a lot of dancing. It's a good workout.

*Fitness & Well-being Spotlight is a weekly feature profiling area residents who have made healthy habits a priority in their lives, or those dedicated to helping others make healthy lifestyle changes.*