

Special Thanks

Beach Park School District

Zion Public Schools

North Chicago Public Schools

Waukegan Public Schools

All Community Partners

Kristy Nixon

RHYTHM

Dance Empower Inspire



Serenity Life Fitness, Inc.
4527 IL Route 173, Suite 114
Zion, IL

What is RHYTHM?

RHYTHM stands for Reaching Hearts of Youth Through Health and Movement. The program was founded by Natoia Franklin in 2017 with the help of her partner, Kristy Nixon. RHYTHM is a dance empowerment program, which allows girls to learn choreography, musicality, and improve as a dancer. It is unique because the girls are empowered to be their best while teaching them how to be leaders, problem solvers, and young ladies with integrity. Finally, it is an outlet for girls who need social emotional support as well as encouragement to help them become well-rounded women. RHYTHM gives girls the tools needed to be successful in this generation.

So far, RHYTHM classes are held at Serenity Life Fitness in Zion, but Natoia has traveled all over Lake County schools, inviting principals to join the RHYTHM movement. Natoia has successfully completed sessions at Clearview Elementary, Abbott Middle School, Miguel Juarez Middle School (Waukegan) Kenneth Murphy and Newport (Beach Park), Forrestal Elementary (North Chicago) and East Elementary School (Zion). She is looking to expand her reach to more schools in our local area and eventually take the program globally.

Contact Us

Birthday Parties

Mommy and Me Sessions

Regular Sessions at Serenity Life Fitness

Dance Camp 2019

Hosting RHYTHM at your School, camp or Facility

Natoia Franklin, Founder

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