



## What will **BODYJAM™** do for me?

BODYJAM™ gives you all the benefits of cardiovascular exercise, including burning lots of calories. When the class kicks into performance phase your heart rate will go through the roof!

Dance is also great for improving coordination, with a big focus on moving through a wide range of planes and movement tempos.

Best of all, BODYJAM will get you hooked on dance and the emotional high that comes from this unique form of self-expression.

# BODYJAM™

The Dance Party Workout.



[www.lesmills.com](http://www.lesmills.com)

# GET DOWN WITH **BODYJAM™**



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## What's that?

BODYJAM™ is a 55 minute workout set to the latest music and greatest dance moves. It's cardio fun at its best for those with a passion for movement. You'll burn calories, increase your fitness levels – and learn to dance better.



### So describe a typical class.

Think dance school. The group warms up with simple moves working one body part at a time... shoulders... chest... hips... Then you learn simple but exciting dance combinations that follow the latest music and hottest dance trends. This is the rehearsal and of course each rehearsal phase is followed by a complete bust-out performance where you go crazy – just one more time!

The pace slows briefly for a mid-class recovery phase before the action builds again to a second, sky-high peak. A nice, safe cool-down brings you home. Like all Les Mills programs, a new BODYJAM class is released every three months with new music and choreography. Each new class will be a different experience depending on what's current.

### How coordinated do I need to be?

BODYJAM choreography is simple and allows plenty of time for you to learn each new move. Your instructor will coach your style and direction, and motivate you to perform at your best. You then get to perform that piece of choreography with the freedom to get totally lost in the sensation of dance.

### What do I need to bring to class?

Bring a water bottle and towel. Clothing should be loose and comfortable for maximum movement and having a shoe that enables you to twist and turn with the BODYJAM movements will help you achieve more from the class.



### How fit do I need to be to attend?

This class is designed for everyone but having moderate fitness levels will enable you to get the most from the workout.

### How often should I take a class?

There is no limit to the number of BODYJAM classes you can do in a week. This class will leave you feeling great! Everyone wants to be a dancer so come see what all the noise is about!

### So what's next?

Go for it! Good luck with BODYJAM and if you need more information, talk to us or visit our website [www.lesmills.com](http://www.lesmills.com)

