

WHAT WILL BODYJAM™ DO FOR ME?

BODYJAM™ gives you all the benefits of cardiovascular exercise, including burning lots of calories – especially on the peaks! Dance is also great for improving co-ordination, with a big focus on moving through a wide range of styles and movement tempos.

Best of all, you'll get hooked on dance and the emotional high that comes from BODYJAM.™

BODYJAM™ – THE DANCE PARTY WORKOUT



GET DOWN WITH BODYJAM™



lesmills.com



BODYJAM™ IS THE CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY THE SENSATION OF DANCE.

An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as breaking a sweat. Funky instructors teach you to move with attitude through this 55-minute class. So grab a friend, get front and center and get high on the feeling of dance.

Like all LES MILLS™ programs, a new BODYJAM™ class is produced every three months with new music and choreography



CAN I DO IT?

Of course! BODYJAM™ is a dance-workout designed around repetition – all you need is basic rhythm and co-ordination and an instinct to dance. Your instructor will help you master the moves.

HOW FIT DO I NEED TO BE?

A moderate fitness level will allow you to get the most from your workout and you'll get fitter every time.

DESCRIBE A TYPICAL CLASS

The class begins with simple dance-based moves to warm up and continues with routines from mainstream dance styles like Hip Hop, Club and Latin to the first cardio peak.

A mid-class recovery phase lets everyone get their breath back. Then an extended dance routine builds to a full breakout peak and a final groovedown.

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Each new class will be a different dance experience depending on what's current and hot.

HOW OFTEN SHOULD I TAKE A CLASS?

Go to as many BODYJAM™ classes as you like!

WHAT DO I NEED TO BRING?

Bring a water bottle and towel. Wear loose, comfortable clothing for maximum freedom of movement. Having a shoe that lets you easily turn on the floor is safer and allows you to dance better.

For more information ask your instructor or visit www.lesmills.com/bodyjam

