

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. Trained 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 the LES MILLS™ programs, a new BODYJAM™ class is produced every three months with new music and choreography. Each new class will be a different dance experience depending on what's current and hot.

GET DOWN WITH
BODYJAM™

BODYJAM™
THE DANCE PARTY WORKOUT



www.adrenalinewellness.com/jam.htm



WHAT WILL BODYJAM™ DO FOR ME?

- Improves coordination through a wide range of planes and movement tempos
- Develops self-expression through dance
- Burns lots of calories – especially on the peaks!



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 Groove Down.

WHAT DOES 'BODYJAM™+' MEAN?

If you see 'BODYJAM™+' on your club's timetable, this simply means more advanced choreography is being taught in comparison to the regular class.

Both versions enjoy the same music and styles of movement.



FAQs

CAN I DO IT?

Of course! BODYJAM™ is a dance workout designed around repetition – all you need is basic rhythm and coordination and a love of dance. Your instructor will help you master the moves.

HOW FIT DO I NEED TO BE?

BODYJAM™ is for people of all levels of fitness and you'll get fitter doing this class regularly.

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 freedom of movement. Choose shoes that let you turn easily on the floor.

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

