



BODYJAM

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
55 MINUTES	DANCE INSPIRED CARDIO	MODERATE INTENSITY	UP TO 530 CALORIES	NIL	HOTTEST NEW SOUNDS	BURNS CALORIES, TONES AND SHAPES, DEVELOPS SELF EXPRESSION, IMPROVES COORDINATION



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 highly-trained 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.

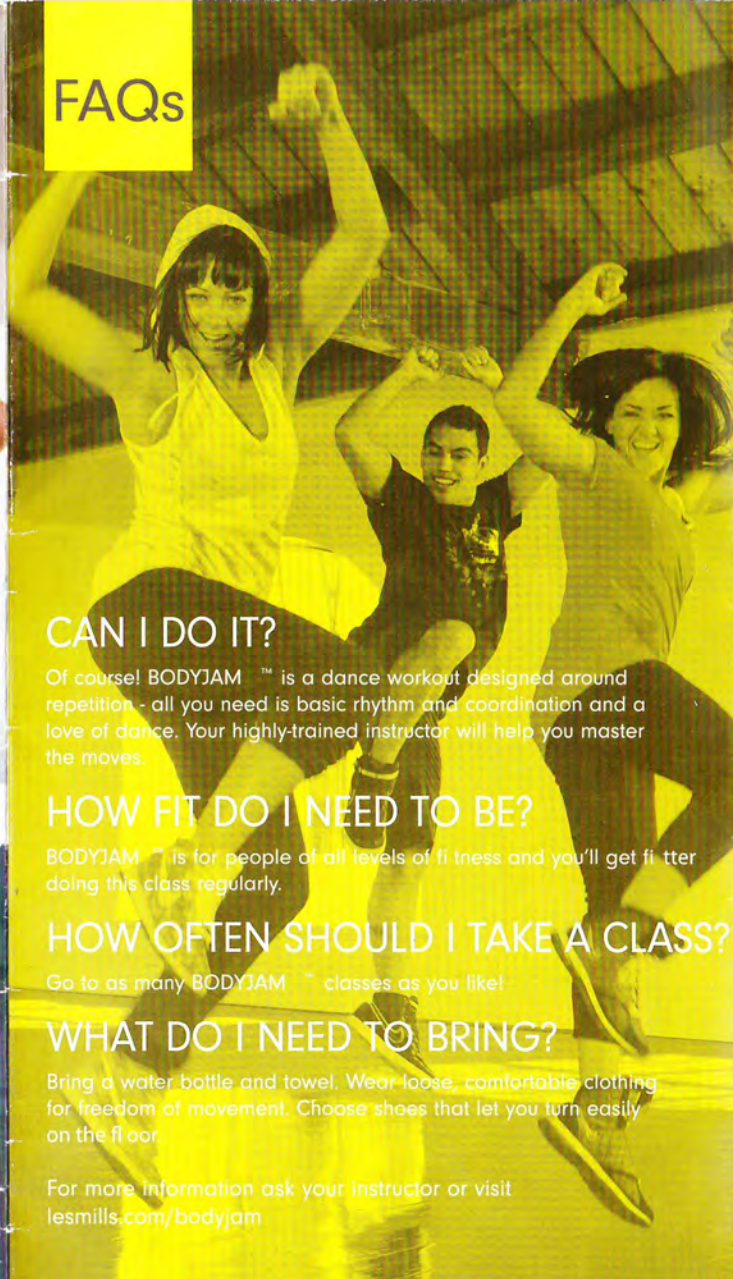
HOW OFTEN SHOULD I TAKE A CLASS?

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



Group exercise
by Fitness First



BODYJAM™

THE MUSIC MADE ME DO IT



Fitness First

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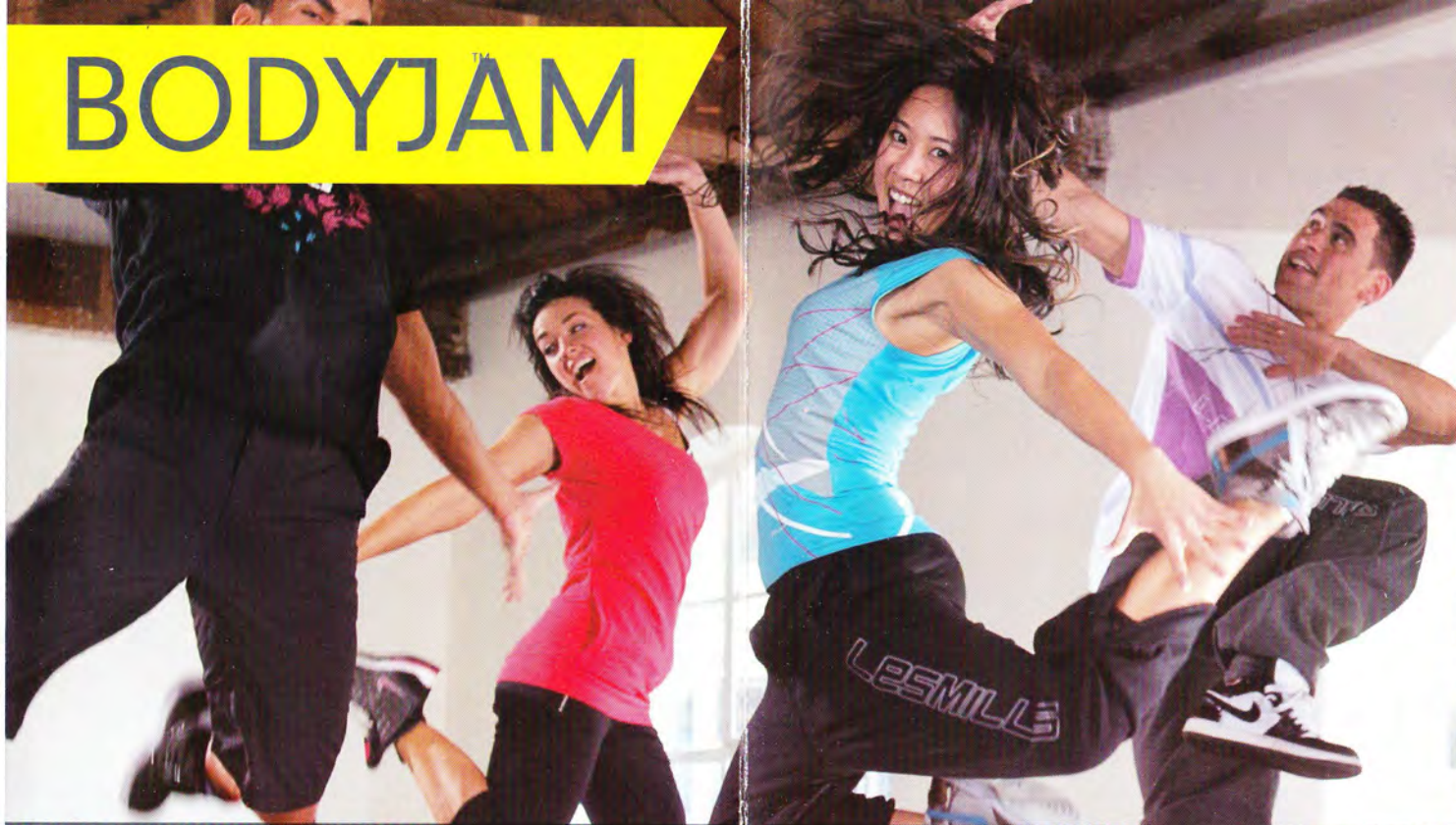
For class times, please check out the group exercise schedule at your club.

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FOR A FITTER PLANET

lesmills.com

BODYJAM™



FUELLED BY THE LATEST STREET CULTURE, BODYJAM™ IS THE DANCE AND CARDIO WORKOUT THAT WILL LEAVE YOU FEELING TOTALLY HYPED!

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, featuring new music and choreography, is released every three months. This means that each release provides a different dance experience depending on what's current and hot.

• Improve coordination through a wide range of movement and dance styles

- Develop self-expression through dance
- Burn lots of calories – especially during the peaks!
- Introduce you to cutting edge styles of music and dance
- Help develop an understanding of different music genres and how to move your body to them
- Give you confidence when dancing – outside of the gym
- Enable you to meet new people who also love to dance

(Warning: BODYJAM™ can cause you to develop a sneaker addiction!)

DESCRIBE A TYPICAL CLASS

Every BODYJAM™ class kicks off with a fresh dance remix featuring basic moves that will warm up your muscles. This is followed by a series of isolations that develop movement through the hips and chest.

During the first cardio block (1-2 tracks) you'll learn simple dance routines themed with styles like Hip Hop, Dancehall and Latin that will get your heart rate pumping. Then, throughout the second cardio block (2-3 tracks), the massive high kicks in as you build on the simple routines from the first block and add in a bigger range of dance choreography.

Mid class you'll be pleased to get a 3 minute recovery, where you can groove down and catch your breath before the final cardio block begins. Featuring all new choreography, the final cardio block (4 tracks) lets you add dance moves on top of dance moves, creating a whole new level of intensity that will get your heart racing.

The final groove down brings you to the end of the class. You can slow your heart rate and get some stretching in – but still leave the class totally hyped!

