



**\* GROUP EXERCISE**

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## B1E \* HiLo to the max!

### EFFE DIAMOND

This fantastic session is guaranteed to get the sweat beads rolling for all you HiLo junkies! Effe dishes up Step touch, chasse and funky, take-home choreography that will have your class members leaping across the floor. These perfect HiLo combinations will have your participants cheering for more! **MC L1**

## B2E \* Boeditilicious Step

### STEVE BOEDT



Are you tired of teaching classical Step classes? Then join Steve for this new Step dimension designed to create the ultimate dance step class! Learn how slight changes can turn basic moves into new and spectacular ones. With dynamic build-ups to make participants move like never before, this tap-free, high-energy session for all levels has fun as its number one objective! **WS L2**

## B3E \* Step games

### MICHELLE DEAN



Learn how to make simple combinations fun and entertaining when you join Michelle for a sports themed session which uses movements from basketball, kick boxing, speed skating and even baseball. Give your class participants an intense workout when you take home this powerful, athletic choreography set to fun, high energy music. **WS L1**

## B4E \* City jam

### STEVE BOEDT

Join Steve for some easy-to-follow new dance moves from the world of street dance! This hip-hop class is full of fun and rhythm changes and builds to an awesome climax. You'll give your participants a great workout and a great party when you get them dancing and revelling with the lessons you take home from this amazing feel-good session! **MC L1**

## C1E \* Step in between

### MARIETTA MEHANNI



Are you challenged to teach a Step class that's neither basic or advanced, but somewhere in between? These are the tough classes to teach, where the choreography has to be interesting, but not over the top, with lots of layering options to cater for different levels. Marietta provides original choreography options to help you provide a well-rounded class that all participants will enjoy. **MC L1**

## C1F \* BODYCOMBAT®: technique tune-up

### THE LES MILLS TEAM

This session is designed to update and refine the technical skills of trained BODYCOMBAT® instructors through a series of practical and hands-on drills. At the end of the session, instructors will have a clear understanding of the correct most up-to-date execution of the main punches and kick strikes used in BODYCOMBAT®. **WS**

Sponsored by 



Session codes: WS – Workshop, MC – Master Class, L1 – General (content suitable for all delegates),  – Step class, L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)



# GROUP EXERCISE

## C2E ✱ HiLo with a sparkling flow

STEVE BOEDT

Many aerobics instructors have difficulty building momentum in their HiLo classes. In this high-energy dance-flavoured session, Steve shows you how to progress from basic moves to an advanced dance workout suitable for participants of every level. Join this awesome workout and freak out as the fireworks explode in a celebration of HiLo with a sparkling flow! **MC L2**

## C3E ✱ Just move

MICHELLE DEAN

A fantastic fusion of all that's fun! Think traditional aerobics, jitterbug, salsa, rock'n'roll, hip hop, partner work and some more aerobics, all formatted in a member-friendly way that's completely usable. Make fitness fun again by making the workout all about the member, the music and the experience – and not so much about the choreography! **MC L2**

## C4E ✱ Tone your body, sculpt your mind

STEVE BOEDT

Body sculpting classes don't have to be boring! Join Steve as he reveals innovative ways of toning muscle by working several muscle groups at a time, even without weights. Find out how body toning can be a real party with some spectacular moves. This dynamic session makes even the easiest exercises feel like hard work – in the best possible way! **WS**

## PLENARY

### C5B ✱ Dance party!

MARIETTA MEHANNI, ALAN GOMEZ & ANN-MARIE PISTIKAKIS

Do you break out into a cold sweat at the words 'hip hop' and 'hip swing'? Are you a member of the '2 left feet' club and about to attain a lifetime pass? If so, join Marietta, Ann-Marie and Alan for a taste of dance in this end of convention party. With just a little bit of funk, a dash of hip hop and sprinkle of Latin, this session is full of moves that everyone can achieve. So, if your heart is in the night club but your feet are in trainers that go the wrong way, don't miss the funkiest way to wrap up Network 07! **MC P**



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L2 – Intermediate to advanced (content may contain complex choreography and advanced techniques)