

GROUP EXERCISE & MIND BODY

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What's hot?

In the 80s we were all going crazy for Jane Fonda shaking her thing in 'Perfect'. In the 90s, everyone was talking about Reebok Step. Shortly after that, BodyPump burst onto the scene. Around this time we saw the introduction of Indoor Cycle, Reebok Slide, V Toner and Results. The naughties bought FlexiBar, the Yoga boom, Pilates, reformer and Bootcamp. But what's hot now?

Reebok Deck

As seen at the Network conventions last year, the Reebok Deck is the latest piece of exercise equipment. Due to its versatile design, the Deck can be used for cardiovascular, resistance and flexibility training. It can be used as a step, a bench, or with rubberised tubing. For more information on instructor training, contact the Network office.

Bollywood

What is Bollywood? Think kitsch Indian cinema; musicals with beautiful bright clothing, fun music and elaborate dance sequences. Think 'Bride and Prejudice'. This is the inspiration for the latest trend sweeping the industry, which features catchy, energetic music, and movements which blend belly dancing with basic Indian dance. Most importantly, it's loads of fun!

Capoeira

Capoeira is a unique blend of martial arts, dance, song and movement that originates from Brazil. Bally Fitness in the US has just launched this class to rave reviews. Capoeira Master and celebrity, Mestre Boneco, has travelled extensively, training instructors and promoting the benefits of Capoeira. Now you will find classes across Europe, Asia and Australia.



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What's hot?

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Les Mills

The man himself, Mr Mike McSweeney, is hanging up his Pump bar and heading to the real bar. After more than fourteen years of being the brains and brawn of BodyPump, Mike is passing the baton on; the big question is, to whom? Stay tuned for the big news, my insiders at Les Mills tell me there are many outstanding applicants but no announcement as yet. Sad though we are to see Mike go, we're also pumped to see who will fill his Reeboks!

Rockstar

Nike has joined forces with dance choreographer/music video director extraordinaire Jamie King to create the Nike Rockstar Workout. This is a pre-choreographed dance fitness class that gets you moving and feeling like a rock star. Jamie has worked with Madonna, Pink, Britney, Christina, Ricky, Rihanna and Shakira, making him a very big name in the music world. This workout is so big in the US that hip-hop princess Rihanna uses the class to launch her new singles, and if you check out her latest music video for 'SOS', you'll see Jamie performing the Nike Rockstar choreography. This craze is currently happening throughout the US and Asia.



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Crunch it!

If you are ever in need of a great new idea, log onto Crunch's website at www.crunch.com. This is the US fitness chain that gave us great, fun workouts like Cardio Striptease, Disco Yoga and The Firemans Workout! Their class descriptions alone are 30 pages long, and their latest offerings include;

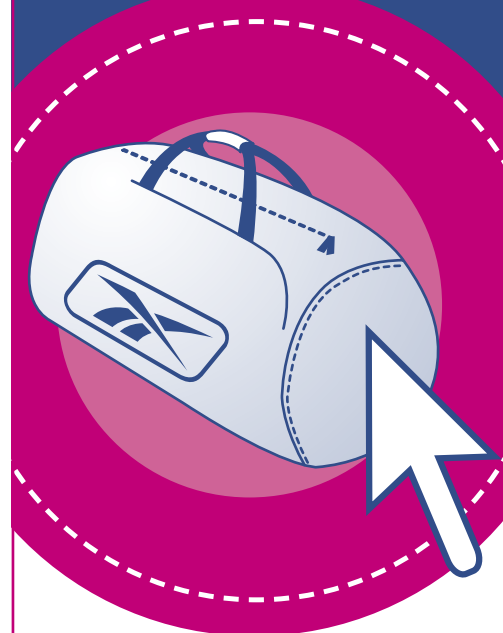
- 'Cycle Karaoke' sing and spin
- 'Abs'olutely Hysterical', an abdominal conditioning class taught by a comedian
- 'Crumping and Clowning', the latest hip-hop dance craze that spurred head-to-head booty-shakin' battles across the US!
- 'Dodgeball 101', where you get to play a real game of dodgeball
- 'Stiletto Strength', strap on your heels and strut your stuff runway style in this posture-building, calf-boosting, cat-walking class
- 'The Morning After Workout', a rejuvenating class to help your body recover from those party-hard weekend aches.

Be inspired! Let your imagination run wild and maybe you can come up with the next big thing. Until then, keep stepping, sculpting, strutting, laughing, lunging, clowning and curling! ♦



Michelle Dean

Michelle heads the California Fitness regional group X department in Hong Kong, where she is responsible for developing innovative new classes and training fitness instructors. She is a former world aerobics and Australian hip hop champion, and former host of Aerobics Oz Style. She is a presenter at conventions around the world, and traverses the globe in her capacity as sponsored athlete and chief trainer for Nike, bringing back a wealth of the hottest group exercise trends.



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