

GROUP EXERCISE

B1G BODYPUMP®

**TOMMY KOUTSONIKOLIS AND THE
LES MILLS TEAM**

Les Mills Asia Pacific master trainer, Tommy Koutsonikolis, and his team of world class BODYPUMP® Trainers take you through the very latest release of BODYPUMP®. The focus for this master class is technique. Tommy is a technique 'wizard' who guides you through the latest innovations and research undertaken by Les Mills International related to BODYPUMP® – The Resistance with Rhythm Workout. **MC L1**

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B1H 3D BOUNCE

MARIETTA MEHANNI

Add bounce to your choreography and create the third dimension. Using progressive teaching methods, Marietta demonstrates how to layer basic movements to develop dynamic and interesting choreography. Experience the intensity that can be created with rhythm and leaps that take your hi/lo to another cardiovascular level. This session ensures that your participants will leave your classes flushed, sweaty and smiling. **MC L1**



B2G 2 IN 1 STEP

MICHELLE DEAN



This interactive session is for those that like to sweat in pairs. Two people, one step, a lot of laughter and some very interesting choreography. Experience the most fun you can have on a step. **WS L2**

B3F STEP OFF THE BEAT

TERRY MCKINVEN



Having trouble thinking up new choreography? Ever considered deliberately working off-beat? Learn how to spice up your classes with concepts as simple as adding one extra march or removing one from moves you already use, or adding an extra knee. Using these techniques, you'll never be short of new choreography. A must for freestyle instructors of any level looking for new ideas. **MC L2**

Sponsored by *FitnessFirst*

Session codes: WS – Workshop, MC – Master Class,

GROUP EXERCISE

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B3H MOVEMENT MECHANIC

JAYNE EVANS

Does your class need a service? This informative workshop provides you with the ultimate instructor tool kit! Learn how to use the elements of Pilates in conjunction to manipulating and choreographing blocks and create exciting new routines. This session is perfect for instructors keen to explore the world of freestyle and create custom designed classes for clients. Become a movement mechanic! **WS L1**

B4G TIP TOP STEP

KANAE TAKEGAHARA



Join Kanae as she guides you, step by step, through her playful choreography routines for the best tip top Step! The session progresses from basic to high level movements, culminating with some amazing insertion to really spice up your choreography. The more effort you make, the more satisfying your class! A session not to be missed by Step lovers! **MC L2**



B4H SALSA DANCE PARTY

DEMETREOUS HILL

This Hi Lo aerobic dance workout is a combination of dance aerobics and aerobic competition moves. Energise yourself with motivating choreography that fits exactly to the fun sound effects placed in the music. Enjoy Ritmo Latino with Demetrious! **MC L2**

B5G EXTREME STEP

MICHELLE DEAN



For step junkies only. Loads of stimulating choreography combined with logical learning progressions make this session completely useable, educational and inspirational. Get a good night's sleep the night before, have a big breakfast and come prepared to be challenged physically and mentally. **MC L2**

B5H DYNAMIC, INNOVATIVE PILATES-BASED CHOREOGRAPHY

KIMBERLEY GARLICK

The original Pilates method, Contrology, offers wonderful principles of movement. As Pilates has evolved, dance and other disciplines have influenced the Pilates method. This session melds dance choreography with Pilates to create poetry in movement and offer a challenging physical workout for your participants. Come and experience how a Pilates-based dance class can take you to another dimension for an hour. **MC**

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C1G STEP GAMES

MICHELLE DEAN



A sports themed class using movements from basketball, kick boxing, speed skating and even baseball. Powerful, athletic choreography, in an intense workout set to fun high energy music. Learn how to make simple combinations fun and entertaining. **WS L1**

GROUP EXERCISE

C1H FITBALL FEVER KATHERINE TSEBELIS

Get on down and have a ball in this fabulous masterclass. Katherine combines funky music and groovy moves with sound fitball principles for a fun and challenging workout. Temperatures will rise, pulses will race and your participants will find the thrill of this class highly infectious! **MC L1**

C2G W-STEP KANAÉ TAKEGAHARA



Everyone uses their own Step, and steps to the right. In this session Kanae inspires you with lots of moves that work for a single or double Step class format. Prepare to learn challenging, innovative, 'do-able' double step choreography to wow your class participants! **MC L2**



C3H BODYJAM® GAYLE BRIMBLE AND THE LES MILLS TEAM

Les Mills Asia Pacific master trainer for BODYJAM®, Gayle Brimble, has a massive background in dance and performance. She brings this experience to her role in BODYJAM® and makes this fantastic dance-based group fitness class really fizz. Gayle and her team of 'BODYJAMMERS' take you on an exercise journey that will have you wondering whether you are at a party or having a workout! **MC L1**

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C4G BELLACIZE CHRISTINE SULLY

Bellacize: where tradition meets sizzle... The foundation of Bellacize is bellydance, but in this session Christine also explores exotic Bollywood and pole dancing drills, both of which have foundations in bellydance. Learn an exotic art that has endured for centuries whilst having a great workout and loads of fun set to a backdrop of dynamic hot music! Get ready to sizzle... **MC L1**

C4H DE GROOVY ZOSHA PIOTROWSKI

Join Zosha for this fun filled, low impact session which uses simple to follow dance aerobics and great music to get your body shaking and energy burning! A fantastic workout guaranteed to leave you sweating and smiling! **MC L1**

GROUP FITNESS PLENARY

C5C MOVIE MADNESS MICHELLE DEAN

Relive the moves and music from all your favourite movies. From Flashdance, Fame and Footloose to You Got Served, Honey and the reality show So You Think You Can Dance. Visit a bit of Sound of Music, Bride and Prejudice and Cabaret for laughs!

P MC L1

