

# ASPEN WELCOME TO BODYJAM!

ATHLETIC CLUBS

Body Jam 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.

## **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. Plus 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 a towel. Wear loose, comfortable clothing for freedom of movement and choose shoes that let you turn easily on the floor.

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