

# Getting Started

a guide to your first three classes



## What is Group Groove?

If you can move, you can Groove! You'll stomp, wiggle, jiggle, hip, hop, shimmy, shake, glide and most importantly, sweat your way through this 60 minute dance inspired fitness program. A dynamic fusion of dance styles creates an all-out cardio jam designed to be the coolest way to get fit! Supportive, funky, easy going instructors help you Get A Move On! with Group Groove.

## What is Involved in a Class?

Groove's hip and cool approach will have you moving to a variety of dance styles including Disco, Club, Hip Hop, Jazz, Latin, Musical Theatre, African, Swing, Country and more! Your heart will be pounding and you'll be sweating to motivating hot sounds that let you feel the freedom of dance!

Each Groove experience is expertly choreographed to give you the time of your life in nine tracks. The show starts with a *WarmUP* that gets you loose and ready to Groove!

Then the intensity starts to climb in *FirstDANCE* as you'll begin to bust some moves. The party really gets pumping in the next track, *PartyDANCE*.

Sweat really starts pouring in *CardioDANCE 1* as music and movement get you covering some ground! Now we get down and dirty in *LowDANCE* as you work your legs over to the chunky heavy sounds. You'll then turn it up a notch in *CardioDANCE 2* with some high energy dance moves.



At this point your heart is pounding, you are smiling, and we need to bring it down in *BreakDANCE*, letting you recover with something hip and groovy. Now you are ready for the moment - the pinnacle - the high-point - the reason you Groove! It's *PeakDANCE* - the excitement builds and you'll reach the top! Finally, we bring it all home with *LastDANCE*, which leaves you knowing you just Grooved!



## Who Should Groove?

Group Groove is for anyone of any age who wants to have fun - we mean really fun - and sweat a ton! Could this be you?

- For those people who might find "exercise" a bit too serious and needs to just smile
- For those people who has danced in their bedroom using a hairbrush as a microphone
- For those people who can't stop tapping their foot or wiggling their hips whenever they hear ANY song
- For those people who just want to express themselves
- For those people who want to feel young again
- For those people who watch **Dancing With The Stars** or **So You Think You Can Dance**

## How Often Can I do Group Groove?

Because Group Groove is an all-out cardio fitness jam, you can do it once a week or Groove everyday! In addition, the more you Groove, the cooler you'll be!

## How You Can Expect To Feel

### Before Class

It is perfectly normal to feel apprehensive and nervous before your first Group Groove class. Once you get your first class out of the way, much of the apprehension will disappear. Remember, there is safety in numbers; as long as you are going in the general direction - you'll be hip!

### During Class

Time will fly! You might experience mixed emotions. Just go with it. Remind yourself you are new and that you have to start somewhere. It might seem like the class is moving a little faster than you would like, but that is only because the terminology and movements may be new to you. With each class, you will become more comfortable and confident.

### After Class

You'll probably be disappointed that the class is over! You'll be amazed that an hour is already gone! You could be surprised to find that the next day you might be sore all over. This is a great sign because it means you have worked really hard, even while you were smiling and laughing.

## What to Wear

The most important thing to wear is comfortable workout attire. Most people wear sweat pants, cargo pants or shorts with tanks or t-shirts. Also, be sure to wear comfortable athletic shoes. We suggest not wearing platform shoes. Basically, anything that makes you feel cool and lets you move!



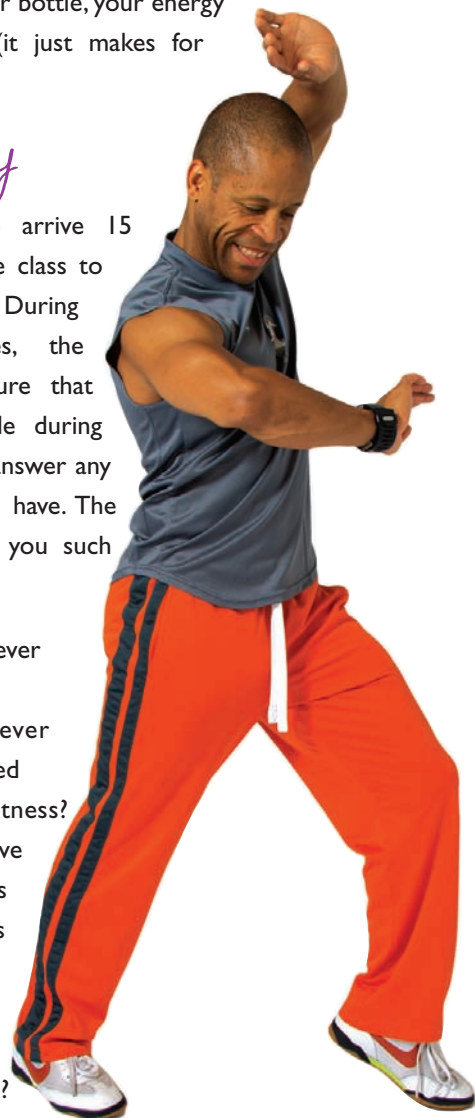
## What to Bring

Bring a towel, a water bottle, your energy and your attitude (it just makes for more fun!)

## Arrive Early

It is important to arrive 15 minutes early before class to meet the instructor. During these 15 minutes, the instructor will ensure that you are comfortable during your first class and answer any questions you may have. The instructors will ask you such questions as:

- Have you ever exercised?
- Have you ever participated in group fitness?
- Do you have any injuries or problems that might affect your ability to participate?



## Where to Stand

The best place to stand is within clear view of the instructor. It is not necessary to be at the front, but try to be in the center of the room.

It is important to avoid mirrors and concentrate on the instructor. He or she is the best source of information. Mirrors can be distracting and sometimes relay unnecessary negative information.

## Talk to the Instructor After Class

Remember to talk to the instructor after class. For example, let him or her know how you felt and if anything was particularly challenging for you. The instructor will then make recommendations for your next class. Most of all, have fun during your first Group Groove experience!