

LES MILLS
BODYJAM

THE ULTIMATE DANCE EXPERIENCE



What is BODYJAM?

LES MILLS BODYJAM™ is a totally unique dance workout, combining the freshest moves with the latest cutting-edge music. From house to hip-hop, and everything in between, you will learn a better quality of movement that will get your body moving, heart pumping and endorphins flowing.

Whether it's the 30-45-minute track list, BODYJAM delivers a dance workout like nothing else to leave you feeling empowered.

Benefits of BODYJAM

In a BODYJAM class you won't even notice how hard you're working. You're focused on learning, perfecting, then smashing out the choreography - and at the same time you're doing wonders for your cardio fitness. Each workout will help you:

- Increase cardio stamina
- Improve agility and coordination
- Build confidence
- Connect to the world's best music

Just getting started?

Your fitness level or dance skills don't matter. BODYJAM doesn't discriminate, dance is freedom and there are no rules. So, what's stopping you? All you need is comfortable workout clothes, supportive shoes, a drink bottle, and a sweat towel.