

Are you bored of your same old fitness routine? Spice up your workout with Les Mills BODYJAM group fitness classes and get in shape like singer and performer Beyonce Knowles.

BODYJAM is a cardio workout with an addictive mixture of the latest dances styles and hottest new music. It's hard not to have fun in BODYJAM with outgoing instructors that teach the moves with high energy. So bust some moves to feel the burn while improving your coordination and burning loads of calories.

You do not have to be an experienced dancer to enjoy BODYJAM and get a great workout. The dance combinations are uncomplicated but extremely fun and you will be able to reach your fitness goal the way Beyonce does.

“I get a workout from all the music videos I do, because of the dance routines. That's what helps me to stay in shape.” – Beyonce

Dance your way to being fit in this 55 minute class. At the end you will leave feeling an emotional high from this unique form of self expression.

During BODYJAM you will have a great time and break a sweat so invite your friends and hit the dance floor to get in shape like Beyonce. For more information on Les Mills BODYJAM classes and where you can find a class near you visit [www.fitpro.com](http://www.fitpro.com)

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Editor's notes

- For press information and images, please email [fiona.b@fitpro.com](mailto:fiona.b@fitpro.com)
- Les Mills programmes, including BODYCOMBAT, BODYPUMP and BODYATTACK, are available at leading health and fitness clubs nationwide, including Virgin Active, David Lloyd, Nuffield and Fitness First
- FitPro is the largest association of fitness professionals in the world and the UK agent for Les Mills International – [www.fitpro.com](http://www.fitpro.com)
- Shaun Egan (Head UK Les Mills presenter) is available for interview on any aspect of group exercise and fitness – enquiries to [fiona.b@fitpro.com](mailto:fiona.b@fitpro.com)