

STILETTO STYLES
Sexy dance

WORKOUT WORKSHOP

Hi Lo

FLEX 'N' GROAN

Conditioning with Step

BRING IT!

Street Dance

Tour Dates:

LONDON	Oct 14th
SUNDERLAND	Oct 28th
BRISTOL	Nov 4th
BIRMINGHAM	Nov 25th

COOL AS F*NK TOUR 2007

THE JZ PROJECT

www.idfitness.org.uk
www.zoemcnuity.com

Zoe

a sponsored Multitrax presenter, holds a BA Hons in Dance with Education, has been dancing since the age of 5 and has been in the fitness industry for 7 years. She is the manager of an exclusive corporate health club in London, freelances all over the city and presents at conventions both in the UK and internationally. She has appeared in and written for numerous publications including Elle Magazine, Cosmo Bride, Fitness Professionals, The Sun and has appeared on the BBC. Her boundless energy, imagination and ability to create and break down choreography have shown her to be a skilled presenter. Her bubbly personality and her dynamic style motivate her classes to high levels of achievement whilst having masses of fun.



COOL AS F*CK TOUR 2007

THE JZ PROJECT

**Jackie Diss**

has been in the fitness industry for over ten years managing and co-ordinating studio's and gym's for private and chains of fitness facilities and is the Global I.C.E Master Trainer for Tomahawk. Her love for teaching and educating others has and is taking her around the world presenting indoor cycling, dance, aerobics and many more. She has worked on the Ideal shopping channel as a fitness expert, written for 'Zest' and 'Pure Energy' magazine as well as compiling Pure Energy's cycle CD's and fitness filming and has recently finished filming her first fitness DVD for general release in 2008.

STILETTO STYLES

Sexy dance

Pose and pout like the pussy cat dolls; crawl around like Christina; bounce that booty like Beyonce. This mixture of toning and dance will get you switching on your inner kitten in no time at all and boosting you confidence no matter what age, size or shape.

WORKOUT WORKSHOP

Hi Lo

Ever been too worried to attend or teach a challenging aerobics class? Whether an instructor or member, this is the session for you. An educational workshop of choreographic build up/break down for the instructors and a session assisting participants how to find a great workout in any level of class. The elimination of intimidation!

FLEX 'N' GROAN

Conditioning with Step

This session mixes step choreography with core conditioning exercises. It's a workout that challenges strength and balance and provides an all over body workout. The dynamic moves and smooth flow of combinations provide a seamless and challenging workout.

BRING IT!

Street Dance

Fabulous finale face off!! Jax and Zoe bring an end to an exciting day with an explosive battle of brains, brawn and beauty! So BRING IT!

Booking Form

Name

Address

Post Code

Telephone

Email

Date of Workshop

Venue

Cheques to be made payable to Jacquelin Diss. Send to

For more information call Zoe on 07970 986 572 or Jax on 07845 316 262