

MARCUS IRWIN 2005

### **The Step Recipe**

With a little bit of style and a touch of sport. Add a dash of dance with a pinch of power and you have the recipe for a perfect recipe for a perfect step class. Taking into consideration that a choreography workouts success can depend on pleasing many people's individual preference and needs allows you to create a well-balanced and fun workout for all.

### **Step Fusion**

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### **Mix & Match...yet another Batch! (Step)**

Choreography of *yesterday* is the choreography for *tomorrow*. Re-using successful step sequences in alternate forms is a great way of establishing confidence with either new or experienced groups. Choreography re-invention also has the element of surprise as it transforms something easily recognized and mastered into something new, while creating a comfortable and smooth transition to the next level.

### **Step Pro 2 - The Tool Kit Workshop**

The tools required to teach a choreographed step class are many and varied. A "step pro" is someone who understands the balance between workout, choreography and the "wow" elements needed within sequences. Witness these elements and more during an educational choreographic journey. Focusing on the why, the what, the where and the how will bring your teaching into the now!

### **Airborne!**

When in full flight there is nothing better than an aerobic exercise class experience. Especially one that is achievable, fun and best of all a workout! Using traditional aerobic teaching techniques and a modern slant on choreography the goal for Airborne is to find this balance and then systemize it for easier replication in a variety of class formats. Traditional and dance, athletic or moves all bases are covered. Prepare for take off.

### **Stomp & Bounce! (Aerobic)**

A traditional aerobic class format with the emphasis on choreography that uses muscle power over mind power. By creating movements that progress from low intensity to high intensity without necessarily becoming high impact you have the possibility to put more bounce into your steps and bounce to your life.

### **Groove FX**

Hip Hop, Latin, Disco and House...all styles of music that inspire their own dance flavor. Groove FX is essentially an aerobic/dance class doused with a serious helping of urban dance moves. Marcus guides you on a journey of moves, grooves and sounds creating a workout with a difference.

### **Fusion (workout)**

Shake it like Shakira. Jam like your Janet. Get jiggy just like Justin. Feel the rhythm of life in a vibrant and fun dance oriented workout that fuses a variety of dance styles with base aerobic patterns. Fusion provides the experience of an easy to learn workout that promotes freedom of expression with achievable rhythmic movements.

