

Freestylin' with Fusion

'What *is* the future of group exercise classes?' As the 'trend pedulum' swings our industry is constantly morphing into new and exciting forms. The group exercise format has taken on many different guises in response to the clients needs. Its success can depend on many variables from fashion and climate to even what's on TV that night! It's charm lies in the social environment and its fun and free atmosphere. The criteria may change but the facts stay the same; if you can create a fun and effective workout with a minimum of fuss and maximum success you are assured a home run. After all no matter how many hitech electronically fueled elliptical ab cycle sweat machines are created, the plain facts is; there is no freer sensation than liberally propelling yourself around a room with a group of complete sweat drenched endorphine loaded strangers.

When was the last time *you* felt that kind of freedom? At the gym? Or on the dance floor?

Harnessing the sensation and the freedom felt in dance when feeling completely open and uninhibited is a valuable commodity that in the gym environment unite people of all walks. So break out those dancin' shoes and start 'throwing some serious shapes!' With a fresh take on the traditional group exercise format, Fusion is set to bridge the gap between dance and fitness by turning the gym floor into a dance floor

Fusion is a mix of many dance styles including Funk, hip hop, salsa, latin and tribal built around base low impact patterns. These elements are all blended together to form a workout that moves your feet, your heart and your soul. Using a controlled freestyle approach this is a workout that not only allows instructor and students to really let loose it also allows the freedom to create a fun and original class 'your way'. Utilising instructor teaching methods with the back up of solid support materials and training courses this format will again put instructors in control of their individual clients as well as reigniting the industries confidence in the freestyle format.

Freestyle classes (or Freestylin' as it will soon be known) are certainly not a new idea. The departure of freestyle from fitness

schedules was due in part to the industries changing needs and trends but also as the product its self got a little lost along the way. The nature of freestyle, even the word, lends itself towards an 'anything goes' image. Eventually the abuse of this free and unmonitored program was a confusing and disastisfactory result. The subsequent success of systemised programs that create professional and polished instructors has set the bar, to which all new formats will be measured, to greater heights. The main element that separates the traditional freestyle class with a systemsied program lies in its training and education without which a program may be not succeed. Fusions mix of fun and freedom with comprehensice education may well be the antidote that provides a postiive and assured resurgence of freestyle based classes.

As a dance inspired workout the style of movement may fall a little outside most fitness teachers preceived comfort zone. Therefore the main focus of a Fusion course will be comprehensive movement and performance training. Allowing the instructor to believe in their abilities and pass this on to their students is a priority. Learning Fusion will not only provide you with the concept and choreography but most importantly how to move and groove to your own rhythm. Its important to realise that everyone has their own particular take on movement and music interpretation. Because of this each and every one of the dance steps can be taught using standard aerobic moves. Use of recognisable introductory moves eases instructors and students through the learning phase and allows for individual interpretation. This passage of information provides a smooth and logical progression that increases both success and performance. Fusion will be an exercise in finding your inner performer. Searching for that sensation you have when instructor, student, music and the moves are in perfect harmony.

The path to learning and then teaching Fusion is a challenging and comprehensive one. The training course itself will concentrate on enabling instructors to either learn or re affirm the importance of base teaching methods and philosophies. Encompassing a wide range of rudimentary skills, it will firmly guide instructor goal towards an 'impress with success' goal.

Whenever revisiting or reworking a product the results need to adapt, embody and embrace any new ideals or fixtures. Therefore Fusion's approach will incorporate the need for intensive education and training as well as enabling instructors to learn the new ideas and concepts at their own pace. On completion of a course, as well as being armed with dozens of multi layered choreography pieces that can be mixed and matched to endless combination possibilities, instructors will receive both music and video materials. The Fusion teacher decides the pace, complexity and scope of each class by assessing their clients skill level and then choosing the appropriate elements from the supplied materials. Choreography updates with both music and video will available at regular intervals further increasing the instructors repertoire. As time and confidence and skill progresses so too does the ability to create choreographic masterpieces of your own.

The Freestylin' format will eventually grow to include other group exercise formats including step and aerobics. At its core though this is a product that gives back instructor freedom and ingenuity. Once again allowing the individual the opportunity to create, nurture and grow; enabling instructors of all backgrounds to present a competent and exciting product. Fusion sits comfortably alongside the current industry formats while facilitating and welcoming a fresh and exciting new generation to fitness.