

**WHAT IS BODYATTACK?**

From beginners to fitness junkies; BODYATTACK® caters to anyone, using instructor-led options. It combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. This class is for anyone who wants to feel like an athlete in an awesome team environment. The 30 and 45 minute formats are more athletic (the Aerobics-focused tracks are removed and arm-movements are simplified), which can be appealing for timeslots with limited time and male population.

**WHAT IS THE ESSENCE?**

Participants are looking for high energy, challenge, sociability and fun. They could also be looking for power, perfection or renewal.

**KEY INSTRUCTOR TRAITS**

**ATHLETIC.  
ENERGETIC.  
ATTENTIVE.  
ADAPTIVE.  
MOTIVATIONAL WITH  
INSPIRATIONAL MOVEMENT  
QUALITY.  
PASSIONATE ABOUT GETTING  
PEOPLE MOVING.**

**CLASS LENGTHS**



**EQUIPMENT NEEDED**

**N/A.**

