

WHAT IS BODYSTEP?

The energizing step workout that makes participants feel liberated and alive! There are two formats: **BODYSTEP® Classic**, and **BODYSTEP® Athletic**. Both options can be offered in all class lengths with an adjustable bench height or using no bench height at all. There are several options in both formats to get them through the workout safely and always with great music!

WHAT IS THE ESSENCE?

BODYSTEP Classic

High energy and social, for people that like a party atmosphere while getting fit.

BODYSTEP Athletic

high energy with power and challenge, to get them fit, fast.

KEY INSTRUCTOR TRAITS

**ATHLETIC.
ENERGETIC & FUN.
INCLUSIVE, SOCIAL
AND FRIENDLY.
POSSESSES INSPIRATIONAL
MOVEMENT QUALITY.
PASSIONATE ABOUT
GETTING PEOPLE MOVING
AT ALL LEVELS.**

CLASS LENGTHS



EQUIPMENT NEEDED

**WEIGHT PLATES.
AEROBIC STEP.**

