



Flirty Girl Fitness™ Booty Beat

You watch MTV and VH1. You love the moves, the music, and the magic of this amazing dance style; you've thought about teaching current video style cardio-dance but didn't know where to begin. Well look no further - You are about to experience Flirty Girl Fitness™ Booty Beat. The Flirty Girl Fitness™ Booty Beat program is everything you want and more. Our popular, easy to learn dance routines provide the perfect combination of cardio and strength training – your clients will feel like they're part of a music video rather than in a cardio crazy, core chiseling, booty toning, arm sculpting workout class.

What is Flirty Girl Fitness™ Booty Beat?

When flirty, fabulous dance meets choreography with a purpose; the result is a FUN, effective way to condition the entire body inside and out. The Flirty Girl Fitness™ program, Booty Beat, is a cardio intensive outrageously entertaining dance-based class that works the entire body. Using the easy to learn Flirty Girl Foundation Moves, participants will quickly "own" the movement and experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class.

- Created for Women by Women
- Get Fit, Have Fun, Be Fabulous

Booty Beat Basics

Foundation Moves: All of the movements in each Flirty Girl Dance are Foundation Moves with specific names and many fall into the category of focused choreography.

Focused Choreography: a movement or series of movements utilizing the participant's focus to challenge the core, upper body or lower body

A DANCE:

Foundation Move 1 repeated for a 32-count phrase
+ Foundation Move 2 repeated for a 32-count phrase
+ Foundation Move 3 repeated for a 32-count phrase
+ Foundation Move 4 repeated for a 32-count phrase

One **Dance**

DANCE Themes

- **Ultimate Upper Body:** Dances that incorporate movements focused on using the upper body
- **All About Abs:** Dances that incorporate movements focused on using the core
- **Legs and Booty:** Dances that incorporate movements focused on using the lower body
- **Kick Ass Cardio:** Dances that provide a higher intensity cardio interval incorporating movements that elevate the heart rate even further in short bursts

Flirty Circuits

First Circuit = approximately 22 minutes

Dance 1 Ultimate Upper Body Dance

Dance 2 Kick Ass Cardio 1

Dance 3 All About Abs

Dance 4 Kick Ass Cardio 2

Dance 5 Legs and Booty

Dance 6 Kick Ass Cardio 3

Second Circuit= approximately 22 minutes

Dance 1 Ultimate Upper Body Dance

Dance 2 Kick Ass Cardio 1

Dance 3 All About Abs

Dance 4 Kick Ass Cardio 2

Dance 5 Legs and Booty

Dance 6 Kick Ass Cardio 3



Flirty Girl Fitness™ Booty Beat

The Booty Beat Class

WARM UP

DANCE 1 Ultimate Upper Body:

Britney
Cowgirl
Pulp Fiction
Windshield

DANCE 2 Kick Ass Cardio 1:

Princess Pivot
Breaker Box
Old Skool
Flash dance

DANCE 3 All About Abs:

Lusious Latina
Laid Back
Obliqitory
Hump Dat

DANCE 4 Kick Ass Cardio 2:

Tap That
Skirts up
No you din't
Flirty Bourrè

DANCE 5 Legs and Booty:

Booty Flurries
Stick Shift
Chicka Chugs
Cork 'N Peek

DANCE 6 Kick Ass Cardio 3:

Angel
Beonce
4 Corners
Flirty Bunny

COOL DOWN

Thank you for your hard work!

Presented by Rebecca Lee and Mindy Mylrea

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