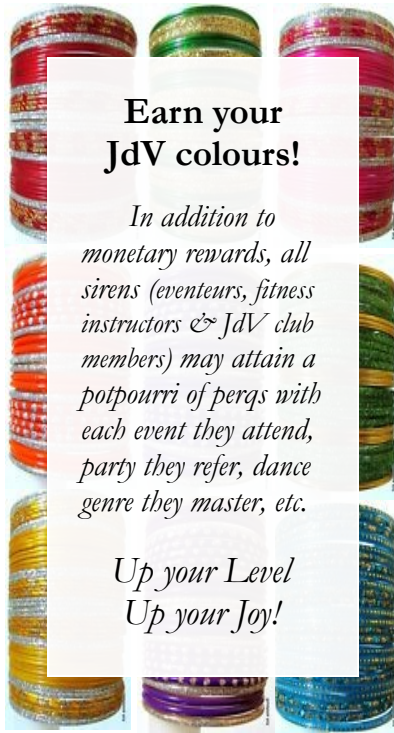


Fitness Dance Party may include any of the following mood-making accoutrements:

- **BellyJamz** - coin hip scarves, zills, veils, skirts, hip belts, bangles
- **LaBomba** - handkerchief skirt belt, a-line top ruffles, handkerchief, flower for hair
- **RioJamz** - fringed hip belt, headdress, arm ruffles, choker
- **Cabarez** - chair, bowler hats, fishnet gloves, canes
- **IslandJamz** - lavalava, grass skirt, lei, flower for hair, floral wreath, shell anklet, coconut bra, hand tassles, headdress, tea leaf belt
- **Go-Go** - Hula Hoop, Go-Go boot shoe covers, huge earrings, sheath dress, mod belt, bell bottom legging covers, wigs, head bands
- **Flamenco** - castanets, fan, ruffled skirt wrap, ruffled top, decorative hair comb
- **Calypso** - layered calico headdress, layered calico skirt, fringed hat, knee & elbow fringe, chunky bead bracelets
- **FabFadz** - dance through the decades with your pick of long twirlable pearls, poodle skirts, tambourine, afro wigs, cowboy hats, material girl bling, scrunchies & more
- **Dance Divaz** - boas, sunglasses, fishnet gloves, leg warmers, fans & attitude!
- **Tiny Dancers** - kazoos, boas, sunglasses, mesh gloves, tiaras, top hats, canes, pom-pons, hoops, beads, tutus, hula skirts & more!
- **Coming Soon: Yes You Can-Can** - can-can skirts, bloomers, feather head-piece; **Cirque** du Fitness - ribbon stick, hoops, balance ball, juggling balls (optional); & **Burly -Q Folliez** - boas, balance ball, opera gloves, cape skirt, oversize ostrich feather fan, headdress, byo heels

Joie de Vivre **Fitness Dance Parties**



Earn your JdV colours!

In addition to monetary rewards, all sirens (eventeurs, fitness instructors & JdV club members) may attain a potpourri of perks with each event they attend, party they refer, dance genre they master, etc.

*Up your Level
Up your Joy!*

website
joylifestyle.com

facebook
Joie de Vivre Lifestyle

blogspot
Joie de Vivre Lifestyle

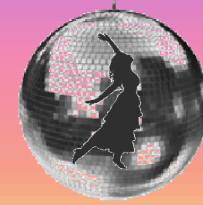
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JoiedeVivreLifestyle

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flickr
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Joiedevivrelifestyle
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Joie de Vivre Lifestyle Fitness Dance Party Dance Fitness Instructor Training & Certification



The most fun you ever earned



Welcome to Joie de Vivre Lifestyle, a world of joy and grace, beauty and FUN! Whether you are already a JdV Club member, a seasoned *FitnessJamz* veteran or an enthusiastic neophyte, you will be embraced as a sister siren when you join us as a Dance Fitness Instructor.

All Fitness Dance Parties come with a Party Eventeur and/or Dance Fitness Instructor (sometimes one and the same) plus a trunk-full of props and costume bits for guest use during the event.

Parties last approximately 2 hours from start to finish, beginning with the Eventeur's introduction to the dance form and explanation of what to expect followed by a few moments to allow guests the opportunity to don themed dancewear and accessories, and, of course, take photos.

The actual movement portion is taught by a certified Dance Fitness Instructor (DFI). It lasts about one hour and is meant as a sampler class. It includes an exhilarating and deep warm up (~15 mins), basic dance moves and isolations (~10 mins), a fun-to-follow choreographed routine (~10 mins taught + ~10 mins practiced), ending with a soothing and luxuriously relaxing cool-down (~15 mins).

The last half hour of the party is set aside for socializing, asking questions, last minute photos, and refreshments (either provided by the hostess or as a catered light, healthy themed meal laid out by our Eventeur). During this congenial time guests may sign up for a 6-week series of more in-depth classes, chat with the DFI as well as purchase dancewear, accessories and other applicable merchandise., all laid out by the Eventeur during the dance hour. This is a great time for the DFI to

demo what the series classes look like and arrange a series group together on the spot.

DFIs are the magic that makes our parties so memorable and repeatable. DFIs inspire and encourage guests, keeping them coming back for more.



Fitness Dance Parties are not just for those who wish to exercise. They are designed for all fitness and dance levels and are the perfect celebration for Birthdays, Bachelorette Parties, Retirements, Reunions, Red Hat gatherings, book clubs and so on.

Friendly, easy-going instructors are needed for a variety of dance genres: **BellyJamz** bellydance, **LaBomba** Salsa,



RioJamz Samba, **Cabarez**

Broadway jazz with chair, **IslandJamz** Polynesian dance, **You Go-Go Girl!** '60's workout with hula hoop, **Flamenco**, **Calypso**, **Fab Fadz** (dances through the decades) plus **Dance Divaz** for teens & **Tiny Dancer** Kidz Jamz... **Yes You Can-Can**, **Cirque du Fitness & Burly-Q** **Folliez** coming soon.

Sweating for Fun & Profit — Whether teaching a Fitness Dance Party (10 guest minimum) or a 6-week series (6 dancer minimum) DFIs are paid per person. (see insert for going rates)

Trained... and ready for action — Training and certification are thorough, joyous affairs, available both in person, or, as needed, online via Skype. *Training Options:*

- **All Day Affair:** 9a-4:30p (10a-4:30p for subsequent genre trainings after initial); includes everything you need to get you started, plus 2 great workouts & a free lunch! (in-person training only, no virtual meals at this time, sorry)
- The following are available during our weeklong DFI Training Intensive getaway —*
- **3's a Charm:** any 3 days & 2 nights, Monday - Sunday; *Get more joie out of your vivre when you spend three full consecutive days with your sister sirens; includes dance fitness classes, meals, accommodation & activities.*
 - **Total Immersion** 8 days & 7 nights, Sunday 7p - Sunday 5p. *Come ready to eat, drink and be very very merry at this sumptuous siren experience.*

This comprehensive and invigorating training getaway includes all dance fitness classes, meals, accommodation, activities, workshops and excursions. Here you will be nudged, never pushed, to find and cultivate ever greater joy in all that you do, using fitness dance parties as our primary source of expression. ❖



Joie de Vivre Lifestyle Fitness Dance Party

2010

Dance Fitness Instructors

Fees & Finances

- EARNINGS -

20% on:
Party Sampler Class
\$15 per guest
#10 guest minimum

50% on:
6-week Fitness Dance Class Series
\$15 per in-person class
(\$90 total)
#6 guest minimum

1st class FREE when registration completed at initial
Sampler Party class (for a net total of \$75);
additional series levels offered at a discount

2-8% on:
Referrals that result in Bookings

- INVESTMENT -

Annual license **\$100**

(\$75 renewal)

Dance Party Certification

(on a sliding scale decreasing in \$15 increments)

All-Day Affair — 1st genre: \$175

2nd: \$165

3rd: \$155

4th: \$145

5th: \$135

6th: \$125

7th: \$115

8th: \$105

9th: \$95

10th: \$85



- OR -

bundle your license & all **10 Party Sampler Class genres**
for a generously discounted total: **\$950**
(represents \$450 in net savings)

- OR -

bundle your license & all **8 series of all 10 genres**
for a drastically discounted total: **\$2150**
(represents \$2125 in net savings)

3's a Charm — \$975

any 3 days & 2 nights, Monday - Sunday
includes dance fitness classes, meals, accommodation & activities

Or for the Bentley experience

Total Immersion — \$1985

8 days / 7 nights, Sunday - Saturday
*includes dance fitness classes, meals, accommodation, activities,
excursions & surprises galore*

Combination eventeur and qualified dance fitness instructor training available by management approval.

Ask for details

