

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

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!*

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Joie de Vivre **Fitness Dance Parties**

Hostess Kit

(The Kaboodle comes later)

Welcome sister siren. We've been waiting for you and congratulate you on throwing your first Joie de Vivre themed Fitness Dance Party! We're so excited to celebrate fun feminine fitness and beauty with you in this unique, energizing and confidence-boosting way.

Truth be told, there really isn't much for you to do to do for the party... other than let your Party Eventeur pamper and spoil you as you relax and enjoy your guests. With costume bits and props to set the mood your party guests will be transported to a time or place far from the mundane and monotonous.

You will feel renewed and revitalized body and soul.... down to your very core.

Sample Timeline

- 10:30am Party Eventeur (PE) arrives, gets the lay of the land & begins to organize and stage accordingly
- 10:45 PE sets the scene with music, scents, candles, props etc based on the dance theme
- 11:00 PE retires while you greet your guests
- 11:15 Ask guests to be seated, PE begins presentation explaining the JdV Lifestyle, the specific form of dance guests will enjoy today, its history and health benefits; guests are invited to don costume bits and grab props for pre-dance photo opp; PE introduces the Dance Fitness Instructor (DFI)
- 11:30 *Guests take their places in the dance area, DFI leads a thorough and pleasurable stretching warm-up, teaches core movements and explains the subtleties that will yield the best results — during this time the PE will help coordinate lunch and set up merchandise for guest perusal later*
- 11:45 *Guests learn a fun-to-follow routine, the same one available in detail in the 1st 6-week series*
- 12:15pm *Guests enjoy a luxuriously lengthy and relaxing cool-down*
- 12:30 A victory photo opp with DFI, lunch is served; guests may now inquire about additional classes, booking sampler Fitness Dance Parties of their own, or purchase merchandise, or ask questions of the DFI
- 1:00 Registration for series classes, guests may ask remaining questions of the PE. Guests receive their level Bangle
- 1:15 PE packs up and bids farewell
- 1:30 You shut the door and collapse... with a big smile on your face

To Do!

Choose Party Theme

Choose Location (living room, backyard, community clubhouse)

Compile Guest List

Send out Invitations

Plan for Refreshments

Contact my Party Eventeur

Partytime!

Relax & have the time of my life!

Say goodbye to guests

Open my Hostess Goodie Bag =)

Drift off to sleep happy & healthy

& dream of the Next Party!!!!



We will joyously supply you with themed Invitations, Save the Date postcards and Thank You notes for use long before, right before and after your Fitness Dance Party.

We will also give you information ditties to dispense at will regarding the benefits of your guests not only throwing parties of their own, but attending another that you host... at a discount!