



"Before Carmen's classes I couldn't swirl my hips to save my life. Now I can 'hipbump, ami & crunk' to my heart's content. I am having the time of my life."

C.A.S.



"Through Carmen's teaching I have increased my coordination, and more important, my confidence! Gracias, Carmenita."

Y.G.W.



"I love ALL of Carmen's classes and intend to take them as long as she teaches. They are pure FUN!!!"

M.A.



"You'll be more than just fit... you'll be fabulous!"

K.M.S.

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YM & email
JoyLifestyle@yahoo.com

Skype
213.985.1895

A portion of all profits goes to the following worthy causes:



coming soon

The Joie de Vivre Foundation



joie de vivre
lifestyle
presents

Fitness

Dance

Parties

featuring

FitnessJamz

with Carmen Infante



Have fun down to your core

joylifestyle.com

Catch the latest trend in fitness fun, the traveling dance party. No need to go to a gym with strangers. Why not turn your workout into a party at your own home or clubhouse with family and friends? It's the perfect celebration.

Joie de Vivre is proud to present **FitnessJamz** with professional dancer and fitness instructor Carmen Infante — a collection of high-energy and low-impact themed dance workouts for all levels of fitness and experience.



"After becoming a mom, I had little or no time to continue to perform as a full-time professional dancer. But, because I loved music and dancing so much, I decided to create a fun, energetic, easy-to-follow, dance-inspired fitness workout to get my body 'back into shape, to regain that exhilarating, passionate feeling that only dance can provide, along with the boost of energy that comes from a good workout."

I began by creating La Bomba fitness, a combination of the hot and sexy Latin rhythms of Salsa, Samba, Cumbia, ChaChaCha, Merengue, Bachata, Flamenco and Reggaeton. Next I indulged another of my passions, the ancient art of belly dance, and created BellyJamz, focusing on abdominal core work, stretching and strengthening exercises, and high energy, cardiovascular work through powerful, yet graceful belly dance moves which culminate in a playful and simple routine.

It wasn't long before I decided to add my other dance loves: Samba, Polynesian, Flamenco, GoGo, Jazz and so on. Put it all together, and you have FitnessJamz, the fun way to get fit!"



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 to set the mood along with costume bits for guest use during the event.

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

The actual movement portion lasts about one hour and is meant as a sampler class. It includes an exhilarating and deep warm up, basic dance moves and isolations, a fun-to-follow choreographed routine, ending with a soothing and luxuriously relaxing cool-down.

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 set up by our Party Eventeur). During this congenial time guests may sign up for a 6-week series of more in-depth classes as well as purchase dancewear, accessories

and other applicable merchandise.

BellyJamz — The flagship of the

BellyJamz

FitnessJamz lineup, this feel-good class provides a healing and invigorating massage to the dancer's core while improving strength, flexibility and coordination. **BellyJamz** sculpts the body in a very feminine way, toning the muscles and stimulating cardiovascular endurance.

LaBomba fitness has been a favorite of Carmen's students for many years. Before there was **Zumba** there was **Salsa**.

You will love this full body workout that gets you dancing. **Muy caliente!**

RioJamz — Get the body and 'booty' you've always dreamed of while moving to the irresistible beat of Samba.

Cabarez — this chair-based workout will make you feel like a Broadway dancer ... & all that jazz.

IslandJamz — Succumb to the call of the drums in this intoxicating Polynesian workout. You will feel rejuvenated, body and soul.

Also ask about our 'You **Go-Go** Girl!' workout complete with hula hoop, plus our **Flamenco, Calypso, Fab Fadz** and **Divaz & Tiny Dancer KidzJamz**. Yes You **Can-Can, Cirque & Burly-Q Folliez** jamz coming soon.

Come join the fun, and **work out like no one's watching!** ■





Fitness Dance Parties

Joie de Vivre
Lifestyle

◆ Party Fees ◆

Sampler Class

\$15 per guest
#10 guest minimum

Catered Themed Luncheon

\$12.50 per guest
inclusive

6-week Fitness Dance Class Series

\$15 per class
(\$90 total)

1st class FREE

when registration completed at
initial Sampler Party class
(for a net total of \$75)



Merchandise

Prices vary based on theme
& stock on hand
(consult your party eventeur)

Speaking of

Party Eventeurs....

Are you interested in becoming one?
Compensation includes base pay,
commissions, complimentary treats
and free fitness dance party classes

Or would you like to earn your

**Fitness Dance Instructor
Certification?** Training is available
in person as well as online

We also offer tangible thanks for all
Referrals that result in bookings

Finally, would you like to organize a
Joie de Vivre Club in your area
complete with **member perks** & surprises?
Simply ask us how. It's easy!

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Party Apparel



Your 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** - bowler hats, fishnet gloves, canes
- **IslandJamz** - lavalava, grass skirt, lei, flower for hair, floral wreath, shell anklet, coconut bra, hand tassels, 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 straw hat, knee & elbow fringe, chunky bead bracelets
- **FabFadz** - dance through the decades with your pick of long twirlable pearls, poodle skirts, shifts, 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-poms, 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





Our CORE beliefs:

We believe in joy, in beauty, in confidence, in success - all that

resides within the core of each woman.

We believe that the flame which fuels this core deserves to be stoked and set ablaze.

In celebration of the light and joy at our core we have created fitness dance parties, a way for women to express beauty and balance on every level. More than just the most fun theme party in town, these 'core' workouts enable women to turn up the heat on their fitness level, and to feel attractive, enlivened and empowered in an inspiring and intimate environment, surrounded by friends.

This site serves as our base of operation for not only the joyous dance of fitness, but that of life. On these web pages we will invite you to join us as we revel in a variety of events, goodies and services that all serve to support our joy, down to the core.



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Or would you like to earn your **Fitness Dance Instructor Certification**? Training is available in person as well as online

We also offer tangible thanks for all **Referrals** that result in bookings

Finally, would you like to organize a **Joie de Vivre Club** in your area complete with member perks & surprises? Simply ask us how. It's easy!

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