

HIP HOP AND AERO-HIP HOP

**Sunday March 13, 2005
From 1:00 to 4:00 p.m. at the Guy-Favreau YMCA**

CONTENT :

- Information breakdown of basic aerobic moves into hip-hop moves
- Decomposition of music and counting
- Personal preparation of individual aerobic & hip-hop moves
- Group formations to put each individual choreography into a class format
- Culture Shock group class

PRESENTER :

Sonya Beaudoin: Program and Marketing Manager of the Montreal Division of the Culture Shock Company. She holds a bachelor's degree in Sciences from Concordia University, with a specialization in Exercise Science. She has worked as a fitness group instructor and personal trainer for over 8 years in Montreal. She is co-owner of Énergie En Corps, a fitness and wellness centre. She also has a solid background in gymnastics, snowboarding and aerobic dance competition.

Rubylynn Axalan: Artistic Director of the Montreal Division of the Culture Shock Company since 2003. She started a Hip Hop troupe at the Immaculata High School. A rap artist, she also leads and sings in the alternative group Essence of Ascetic.

Anne-Christine Gallin: In 1999, she held the position of Program and Marketing Director of the Culture Shock Company in Strasbourg. She has over 10 years experience in fitness and has been dancing for 7 years. She primarily teaches group fitness in different Montreal universities.

PLACE : YMCA Guy-Favreau : 200 Boul. Rene-Levesque west, Montreal, Quebec, H2Z 1X4.
(Accessible by metro Place des Arts or Place D'Armes)

TELEPHONE : For information (514) 845-3917 poste 225 (Carole Milliard)

* Please note that this workshop will be given in French but questions could be answered in English. Please bring paper, pen and sport attire.

Registration Form

(To be returned with payment)

HIP HOP AND AERO-HIP HOP

Name : _____ Given name : _____

Address : _____ City : _____

Telephone : _____ Date of birth : _____

- YMCA : 28,75 \$ (Taxes included)
- Other: 46,00 \$ (Taxes included)

To register, please return the registration form with payment before March 10, 2005 to the attention of Carole Milliard. (Cheques are made to the YMCA Guy-Favreau) or call at 845-4277 for registration by credit card.