



FAQs

CAN I DO IT?

You most certainly can! Dance-inspired workouts don't get any simpler than SH'BAM™. Your instructor will introduce you to the basic choreography and coach you through each of the simple steps – and it's up to you to add in as much flair and style as you like.

HOW FIT DO I NEED TO BE?

SH'BAM™ is for people of all fitness levels, and we promise you'll get fitter doing this class regularly.

HOW OFTEN SHOULD I DO SH'BAM™?

Try and aim for three times a week to get the most out of this class.

WHAT DO I NEED TO BRING?

Make sure you bring a drink bottle and towel and wear loose, comfortable clothing for freedom of movement. It's also a good idea to wear shoes that let you twist and turn easily on the floor.

For more information ask your instructor or visit lesmills.com/shbam

SH'BAM™

DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
45 MINUTES	DANCE INSPIRED WORKOUT	MODERATE INTENSITY	UP TO 400 CALORIES	NIL	HOTTEST NIGHTCLUB HITS AND REMIXED BEATS	BURNS CALORIES, TONES AND SHAPES, DEVELOPS SELF EXPRESSION, IMPROVES COORDINATION



SH'BAM™

COME AS YOU ARE, LEAVE AS A STAR

LES MILLS
FOR A FITTER PLANET

For class times, please check out the group exercise schedule at your club.

lesmills.com

LES MILLS
FOR A FITTER PLANET



SH'BAM™



CUT LOOSE DURING THE HOTTEST NEW WORKOUT WITH FUN MOVES AND SHAKIN' TUNES. FREE YOURSELF.

Featuring simple but seriously hot dance moves, SH'BAM™ is the perfect way to shape up and let out your inner star – even if dance isn't your natural thing. Set to a soundtrack of chart-topping popular hits, dance music heard in the world's hottest nightclubs, familiar classics remixed and modernized Latin beats, SH'BAM™ is the ultimate fun and sociable way to exercise.

Like all the LES MILLS™ programs, a new SH'BAM™ class is produced every three months with new music and choreography.

WHAT WILL SH'BAM™ DO FOR ME?

- Get you in the fat burn zone without the 'hard work' workout
- Improve coordination and teach you hot new dance moves
- Increase cardiovascular fitness through interval training peaks
- Give you an emotional high – you'll have so much fun you'll forget you're exercising

DESCRIBE A TYPICAL CLASS

A typical SH'BAM™ class is 45 minutes long with 12 different tracks. Each track features unique choreography and is essentially its own stand-alone dance routine.

The class will kick off with your instructor taking you through a basic warmup, where you get everything from your shoulders, to your chest, to your hips and even your fingertips moving.

What follows is 35 minutes of uncomplicated but ultra-fun dance combinations set to chart-topping hits, old and new. Not only will you have plenty of opportunity to master the simple moves, the combination of high intensity and recovery tracks means you get a really great workout.

You'll be loving it so much that time will fly by, and before you know it you'll be bringing your heart rate down with some sassy stretching.

