

weightwatchers

the ultimate dance party

Get ready for a fun, upbeat and effective workout with **The Ultimate Dance Party**, created especially for Weight Watchers® members. These easy-to-follow dance workouts may be just what you need to shake off the stress and pump up your energy level any day of the week. After this workout, you may just surprise yourself with how much better you can move! Keep it up and soon you'll be ready to go to the next level!

Kit Includes:

- **DVD with 3 different dance parties PLUS a Bonus Breakdown:**
 - **Easy Grooves:** Are you just getting started with dance or looking for a fun, quick workout? Either way, this 20-minute workout is perfect for you! It has a funky beat that will instantly have you moving. Focusing on your lower body, the movements include simple and easy-to-learn steps. As you connect to the music you'll pick up these moves, and soon you'll be ready for more! This dance party surely takes the “work” out of working out!
 - **Cardio Club:** Get ready to boogie as we head back to the days of disco. In this 35-minute mixed level routine we will raise the intensity just a notch, giving you the chance to push your skills up another level. You'll dig the electrifying easy-to-follow steps that focus on your core, and you may just discover how great of a disco dancer you really are!
 - **Total Body Blast:** Let's burn up the dance floor together as we crank up the volume and intensity with a variety of music and moves in this 45-minute party! Every beat is filled with exhilarating moves intended to give you a great full-body workout that can keep you going from start to finish.
 - **Bonus Breakdown:** A step-by-step guide of the core moves found in each dance party to help you get the most of your workout.
- **1-lb firming sticks:** Add a little more fun by using these during any of the 3 dance parties!
- **10 week activity tracker:** Stay on track by logging all your activity in this handy booklet.



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