

GROOV3 WORKSHOP
Session 6117 - Online Aug 13, 2022
Mychele Sims, Master Trainer

GROOV3 – THE STORY

A few years back, we decided that dance should be fun and accessible to all. Not only to get a good workout and a good sweat, but it should build a community of fun, happy, energetic people who support each other and have a common goal to change the world, one eight-count at a time. Changing the world through dance might seem like a daunting task, but at our company's core, we know that if one hour a day, a week or even in a month can positively affect someone's well-being which is then spread to those around them, the ripple effect of our GROOV3MENT could in fact create a better world for us all to live in.



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THE GROOV3MENT

GROOV3 is more than just dance classes -- it's indeed a place where you DANCE, SWEAT & LIVE far beyond your workout. Our mission is to inspire change and build a global community through the power of dance, supporting the idea that dance should be accessible to all. We actively build these connections because we see how the potent benefits of dance can change individuals, communities, and in fact the world. This is the spirit of our grass-roots initiative, the GROOV3MENT.



GROOV3 MISSION

To inspire change and build a global community through the power of dance.

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LET'S GROOV3 - CLASS EXPERIENCE

We're fitness out-of-the-box, on a relentless mission to make you DANCE, SWEAT & LIVE far beyond your workout!

- 1 Non-stop DJ set
- 2 Speeds of Choreography
- 3 X the Empowerment



DANCE SWEAT LIVE! – The Recap

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Dance / Movement Benefits:

- 3 Planes of Motion: Sagittal, Frontal & Transverse
- Cardiovascular
- Neuromuscular

Key Group Fitness Instructor Skills Used:

- Musicality
- Mirroring
- Connection
- Cueing: Verbal & Non-Verbal
- Class Management
- Choreography/Programming

The 3 C's to Instructor Success

- Connection
- Confidence
- Customer Service

The GROOV3 community uses dance as a way to bring all people together!

All are equal and welcome

GROOV3 is accessible and accepting!

GROOV3 is an experience that leaves a lasting impression!

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Questions?

Thank you! Let's Connect!

WWW.GROOV3.COM

Instagram

<https://www.instagram.com/groov3dance>

YouTube

<https://www.youtube.com/c/GROOV3Dance>

Facebook/Meta

<https://www.facebook.com/GROOV3Dance>

Twitter

<https://twitter.com/GROOV3>

IG: Get2Werk (Mychele)