

# What is FlirtyGirl Fitness Booty Beat?



*FlirtyGirl*

**FITNESS™**

When flirty, fabulous dance meets choreography with a purpose; the result is a fun, effective way to condition the entire body inside and out. The Flirty Girl Fitness program, *Booty Beat*, is an outrageously entertaining cardio intensive dance-based class that works the entire body." Using the easy to learn Flirty Girl Foundation Moves, participants will quickly "own" the movement and experience the fabulous feeling that dancing gives you, while reaping the benefits of strength and cardiovascular exercise all in one class.

## Booty Beat Basics

### Foundation Moves:

Our program is centered around our super fun & easy to learn Flirty Girl Foundation moves. Our Foundations Moves are body part specific with easy to remember names allowing for quick recall for you and your participants.

### Focused Choreography:

A movement or series of movements utilizing the participant's focus to challenge the core, upper body or lower body

### Dance Themes:

- **Ultimate Upper Body:** Dances that incorporate movements focused on using the upper body
- **All About Abs:** Dances that incorporate movements focused on using the core
- **Legs & Booty:** Dances that incorporate movements focused on using the lower body
- **Kick Ass Cardio:** Dances that provide a higher intensity cardio interval incorporating movements that elevate the heart rate even further in short bursts

### A Dance:

Foundation Move 1 repeated for a 32-count phrase  
 Foundation Move 2 repeated for a 32-count phrase  
 Foundation Move 3 repeated for a 32-count phrase  
 Foundation Move 4 repeated for a 32-count phrase

## Flirty Circuits

### First Circuit = Approx. 18 minutes

**Dance 1:** Ultimate Upper Body Dance

**Dance 2:** Kick Ass Cardio 1

**Dance 3:** All About Abs

**Dance 4:** Kick Ass Cardio 2

**Dance 5:** Legs and Booty

**Dance 6:** Kick Ass Cardio 3

### Second Circuit= Approx 18 minutes

**Dance 1:** Ultimate Upper Body Dance

**Dance 2:** Kick Ass Cardio 1

**Dance 3:** All About Abs

**Dance 4:** Kick Ass Cardio 2

**Dance 5:** Legs and Booty

**Dance 6:** Kick Ass Cardio 3

## Sample Booty Beat Class

### Warm Up

#### Ultimate Upper Body Dance 1

1. Cowgirl
2. Britney
3. Pulp Fiction
4. Windshield

#### Kick Ass Cardio 1 Dance 2

1. Angel
2. No You Din't
3. Party Girl
4. Cork n' Peek

#### All About Abs Dance 3

1. Body Rolls
2. Laid Back
3. Side Crunch n' Pop
4. Hump Dat

#### Kick Ass Cardio 3 Dance 4

1. Tap That
2. Whatever
3. Flirty Bouree
4. Shoot n' Melt

#### All About Abs Dance 5

1. Booty Flurries
2. Stick Shift
3. Chicka Chugs
4. Bend n' Snap

#### Kick Ass Cardio 3 Dance 6

1. Flirty Bunny
2. Beyoncé
3. Four Corners
- 4.. Diva Walks



For more information [www.FlirtyGirlFitness.com](http://www.FlirtyGirlFitness.com) or call 1-800-464-7309