

Where's The Party?

Make every class you teach the talk of the town by simply changing your approach to class preparation, delivery and post-class clean up! Powder Blue formats (Turbo Kick, Hip Hop Hustle and PiYo) are known for their laid back, fun approach to fitness that pack studios world-wide. The success is no accident. Come learn the 7 simple steps used by Powder Blue instructors that help create a party-like atmosphere that will help you take your classes from back yard Bar-B-Q fun day to an Oscar After Party WOW experience that will leave the guests talking. From initial planning strategy to day of preparation, as well as examining hosting duties and when to 'shut it down', you will take home a goody bag that will keep on giving.



I. So, Why Party?

Remember ... Exercise is just exercise until you add:

- The Music
- The Moves
- The Masses
- And ... ME (well, YOU!)

Think of EVERY class you teach as a well-planned EVENT; it takes a special combination of:

- Time & Place
- Friends & Newcomers
- Things to Do

II. The 7 Step System

Set It Up

Step 1: Plan the Party | *The 4 Ws*

1. Why
2. When
3. What
4. Who

Stage the Show

Step 2: Prepare for the Event | *Prep YOU*

1. Prep YOURSELF
2. Prep YOUR PAD

Step 3: Meet, Greet & Pass 'Em Off

Something Special

Step 4: You're Just Getting Started | *The 5 Ps*

1. be PRESENT
2. be PERSISTENT
3. be PREDICTABLE
4. be PATIENT
5. PLEASE PEOPLE

Step 5: The SECRET SAUCE

Send Off

Step 6: All Good Things Must Come to an End | *The 3Ss*

1. Shut it down
2. Say Good Bye
3. Set up the Return

Step 7: Send Thank You Notes!

III. See it in Action!

A little bit of Hip Hop Hustle™

A little bit of Turbo Kick™

A little bit of PiYo™

And ...

A whole lot of FUN!

Thank You For Attending This Workshop!

www.powderblueproductions.com