

# CCAA Research to Action Conference – June 9/10, 2017

## Building Fitness Choreography for your cardio classes.....with Anne Cooke-Dimond

**Choreography** for fitness is arranged in blocks of 32 counts and referred to as square. Combinations of moves are typically in counts of 8 to fit the block. Choose appropriate BPM for your group. There are many base moves and many variations of base moves. Add variety by changing arm movements, tempo, intensity and mixing simple blocks of choreo with more challenging ones. Movements should flow from one to the next and be easy to follow.

### **Adding Arms:**

- match arms to legs
- use one base move and change arm movements only
- use 'inspired' embellishments from dance, sports, athletic moves
- match your moves to your group – safety first, comfort second, fitness challenge third.

**Tempo** – use tempo changes to stretch your choreo giving you more mileage.

**Intensity** - is increased by using bigger movements, faster movements, more powerful movements or more power in a movement, and increasing ROM

**Non square music** - working with bridges and changes of tempo are opportunities to embellish and introduce new moves beyond base combinations.

**Building your program** – here is a choreography suggestion – follow a more complicated 8ct with a simple one to build a block, follow a more complicated block with a simple one to build a song and follow a more complicated song with a simple one to build your program.



**MIRACLES** *in* **MOTION**  
FITNESS