

# 2009 IDEA *World* Fitness Convention™ choreography sessions



Let's dance! Socialize and have fun while learning the hottest dance moves from top dance innovators in the industry.

*Click on each session for a description.*

- 015 Just 2 Dance Instructor Training
- 018 Just 2 Dance Master Class
- 101 Les Mills: BODYATTACK™, BODYCOMBAT™ and BODYJAM™
- 103 Fuego!
- 104 Addicted to Step!
- 133 dance del.icio.us: boogie blend
- 134 Three Canadians and a Step
- 163 Drums, Dance & Rhythm—Moving the World!
- 164 Step Mastery—Class Design Basics
- 183 Club Spotlight: Hot Hula by 24-Hour Fitness
- 184 Step Medley: Mix It Up!
- 187 Step N Sprint
- 206 Rock da Club!
- 208 Les Mills: BODYATTACK™, BODYVIVE™ and BODYFLOW™
- 209 3-Dimensional Step
- 210 SharQui™—A Bellydance Bootcamp
- 234 Drums Alive® Step & Drum
- 237 Step—The Best Is Yet to Come!
- 261 Zumba® Gold: The Toning Workout
- 263 Mambo Mania
- 267 Steps...Blocks...Numbers
- 293 Born to Dance
- 294 The Sweet Step
- 297 Zumba® Toning
- 323 Bust a Move With BODYJAM™
- 324 Up, Down and All Around (Step)
- 327 Club Spotlight: Crunch® Presents FAME, the Class
- 401 dance del.icio.us: cardio choreo
- 407 Born to Step
- 433 It's All in the Mix!
- 437 STOMP FX—Step
- 467 Topless Step
- 493 America's Best Dance Class (hip hop)
- 496 Drums Alive® Family and Kids Beats
- 497 Step Into the Future!
- 603 Dance Mastery—Successful Layering
- 604 Step Turns 20!
- 634 Step Outside the Box
- 635 Boot Camp Boogie 2009!
- 636 Zumba® Cardio Party

For a complete list of sessions,  
click button below.

DOWNLOAD SESSIONS