

FIT HOP NZ

DANCE IN SCHOOLS

*Primary and Secondary school
information for Fit Hop NZ dance
in your extra curricular sector*





What you get with

FIT HOP NZ

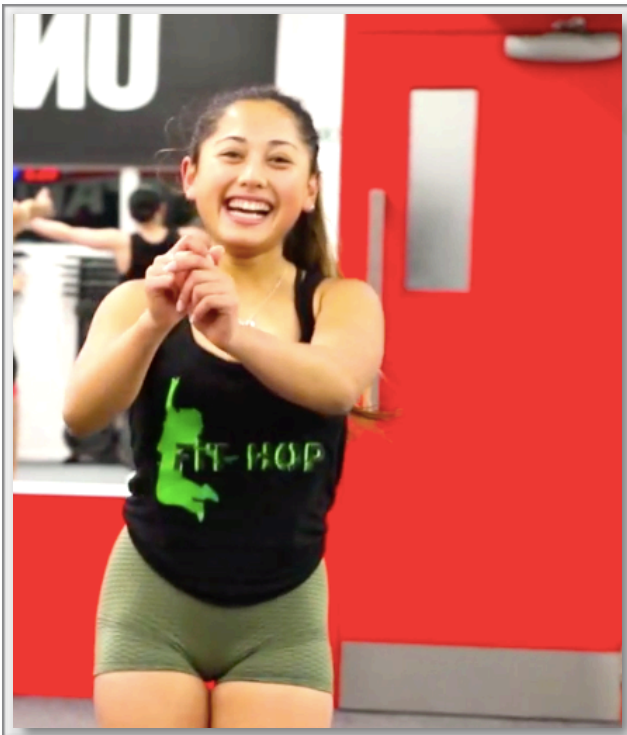
- A fully trained and qualified Fit Hop Instructor to deliver dance and fitness based learning
- Improved enjoyment of overall school experience
- In-house delivery of extracurricular option
- A combination of both creativity and physicality through dance style fitness classes
- A fresh take on the dance fitness world with modern and upbeat music
- A fitness class that kids enjoy!

WHAT MAKES FIT HOP NZ STAND OUT ABOVE THE REST?

Our Instructors! To be a Fit Hop Instructor is more than simply getting up and leading a group of people through some dance moves. A Fit Hop Instructor is the leader, motivator, encourager, uplifter and trusted role model that our class members look to for fulfilment in not only their fitness needs, but their creative expression through dance, holistic wellbeing, mental health and community of friendship and interaction.

Every instructor must successfully complete our Fit Hop Instructor Training program, after which they become qualified to independently run their own location and start building the Fit Hop team within your facility.

Our instructors are not only incredible dancers, but they also get to know each member of their class and make the experience of attending a Fit Hop class a fun occasion full of laughter, smiles, 'woo hoo's' and healing, as much as it is a dance fitness class. We encourage our members to step into the studio and let go of the day that has passed, to move into a zone that is strictly feel good vibes for a full hour with no other distractions of everyday life. The Fit Hop class is a place to let it all go and rebuild spirits, replenish positivity, allow the body to move in what ever way feels right, and be guided by upbeat dance party music!

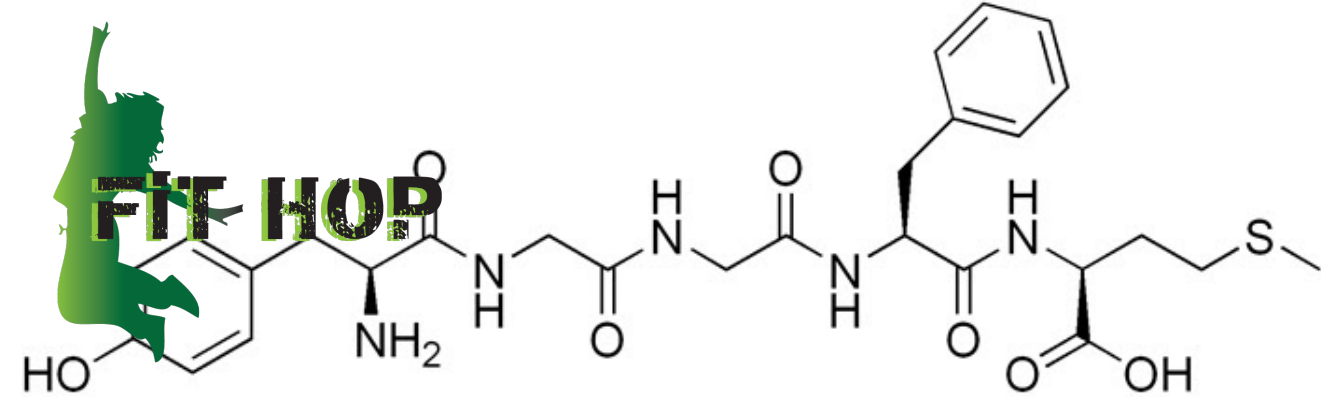


We provide an environment "Like a dance party - in a fitness class!" without any artificial highs. All the good feels are REAL and so beneficial to all participants whether they consider themselves 'dancers' or not. If you can move, you can dance!

PHYSICAL AND MENTAL BENEFITS

When taking part in physical dance style movement that raises the heart rate and body temperature, it provides incredible benefits to the body:

- **Improved cardiovascular ability and heart health, working efficiently to pump blood to the muscles,**
- **Carrying oxygen to the brain stimulating cognitive function and clarity of thought and idea processes, including right and left brain function improving co-ordination, mind to muscle communication**
- **Produces 'feel good' hormones such as:**
 - Endorphins & Dopamine - Pain relief hormones and feeling of euphoria produced by exercise, improving your long-term memory and mood.
 - Serotonin & Oxytocin - helps prevent anxiety and depression and aids in improved sleep quality. Produced by social interaction and connection that gives a sense of community and belonging
- **Improves confidence and positive self-image**



Dopamine



Serotonin



Oxytocin



Endorphin



WHAT KIND OF PEOPLE DO FIT HOP?

EVERYONE!!

Fit Hop is all inclusive to anyone wanting to enjoy the dance style workout we offer! We have run classes for many different groups including adults, kids and students with learning disabilities. We are an all inclusive organisation that values all members regardless of age, gender or ethnic background.

We have such a wide range of movement styles throughout a class, and each participant is encouraged to make the movement their own by adding their own style and flavour to the steps! There really is no right or wrong, just a safe and supportive environment for everyone to express themselves, move freely and get an awesome uplifting cardio workout for the body and creative workout for the mind!





A PERFECT PARTNERSHIP



By partnering with us you will provide a high quality and engaging dance fitness program from within your school and allow your students to benefit from the creativity aspect we offer as part of this fun form of physical education.

- Student interaction and team building
- Boosted confidence in students self belief
- Performances designed for school showcase occasions and assemblies
- Movement exploration and student choreography tasks

SCHOOL FEEDBACK



"Our school partners and their students thrive with the implementation of Fit Hop NZ in their education program"

"We are blown away by what Fit Hop has helped our students achieve this year!"

- Papakura High School, AKL

"Having Fit Hop as part of our EOTC was a fun way to get our kids moving and enjoying themselves this term!"

- Opaheke Primary School, AKL

"Our students are more confident and coordinated after three terms of Fit Hop coming in each week!"

- Rosehill School, AKL



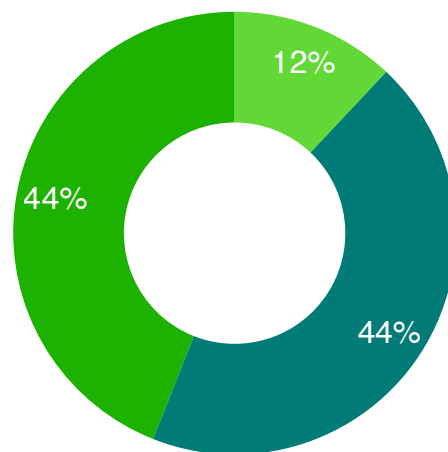
CLASS DESIGN



45min class

- Introduction and circle warm up (5min)
- Follow along Dance fitness tracks (20min)
- Performance piece tuition (20min)

Class Structure

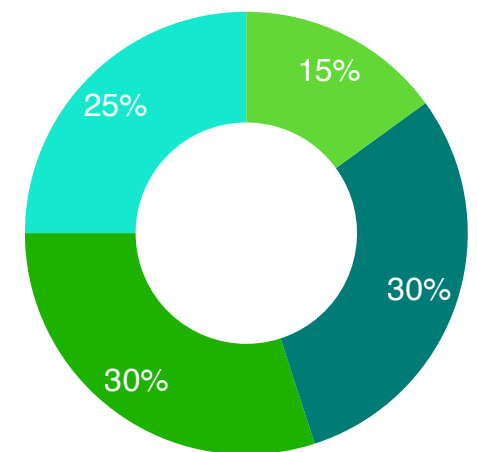


- Warm up
- Dance Fitness
- Performance piece

60min class

- Introduction and circle warm up (5min)
- Follow along Dance fitness tracks (20min)
- Small group choreography exploration (15min)
- Performance piece tuition (20min)

Class Structure



- Warm up
- Dance Fitness
- Performance piece
- Small Group Choreo

PROGRAM DURATION AND DELIVERY



Per Term (*10weeks*)

- 1-2 Classes per week
- Available in school learning time, lunch time or after school
- Pricing varies based on class size and how many instructors will assist in delivery

Weeks 1-3

Introduction to movement, team building in groups, initial phase of co-ordination development

Weeks 4-6

Begin performance piece, student input to choreography for a sense of ownership and pride. Develop dance fitness sets to higher challenge level

Weeks 7-10

Performance piece formations and polishing for end of term showcase. Dance fitness movement able to be retained and executed independently



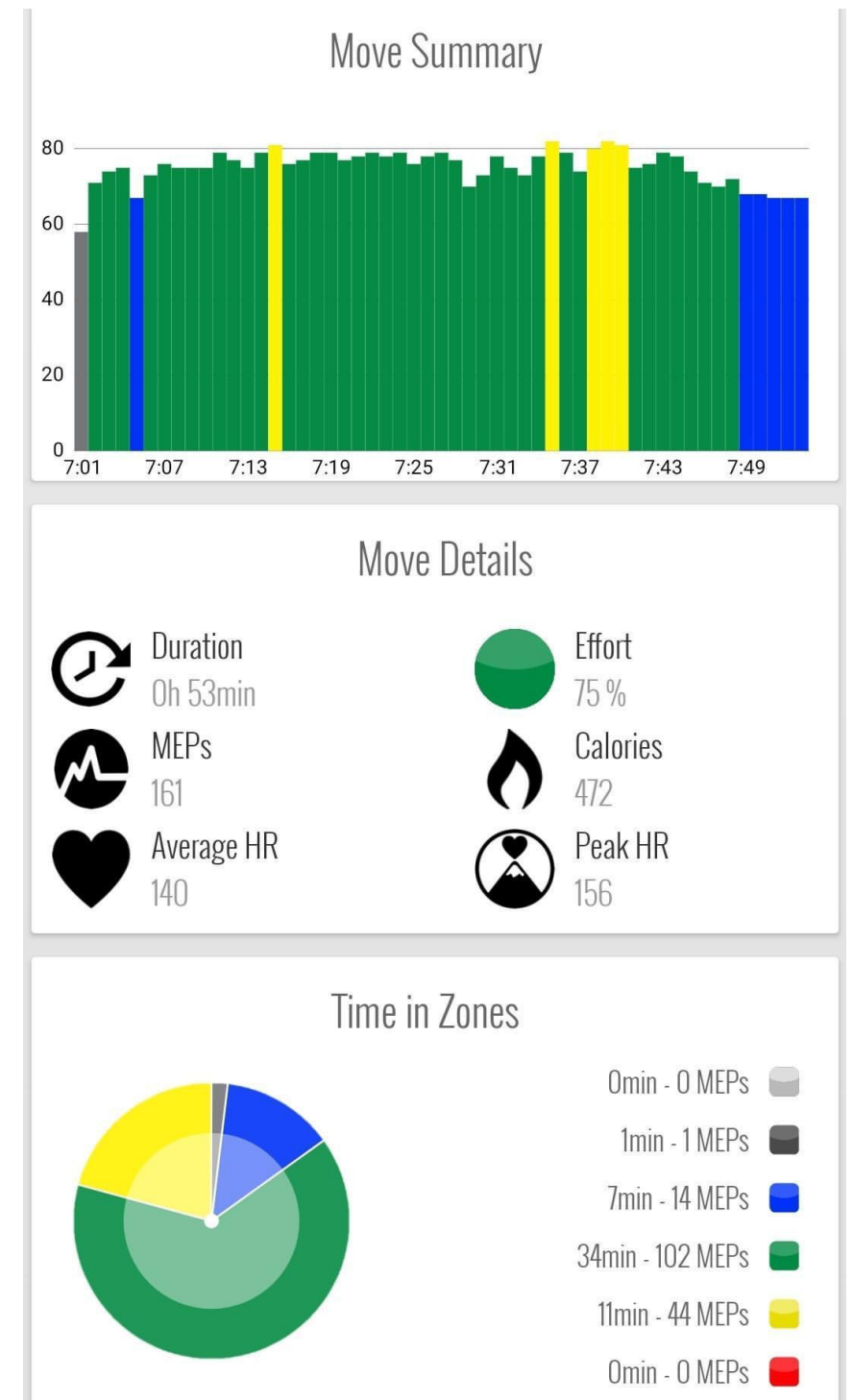
GYM FEEDBACK



We work in many different environments including gyms, community centres and schools. It's great to hear a high level of satisfaction from a gym owner business perspective, as well as real statistics of a MiZone screen on how the Fit Hop class has benefitted the participant from a physical health perspective.

"A high energy and engaging class!

The Instructors bring a strong sense of community and build relationships with our members. Fit Hop has been at Zero-2-100 for over 5 years and counting, and we see members that have been doing the class right from the start til the present - incredible membership retention! It's appealing to people who are new and may be intimidated by other fitness classes. It's diverse and reaches a wide range of people. Definitely a worthwhile investment." - Zero-2-100 Gym, AKL



MiZone Stats from a Fit Hop Class

LET'S GET STARTED!

1/. Confirm interest and begin funding application process for launch in 2023

2/. Set up meeting within school to discuss ideas, learning outcomes and extended content school would like to see delivered



CONTACT



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