



Jump 'N' Jazz

Presented by Meg McNeely

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Friday, May 30, 2008 3:00 PM–4:00 PM

Jumps On a Flat

- Hand and body position
- Cadence and resistance

Jumps On a Hill

- Hand and body position
- Cadence and resistance

Creative Ways NOT to Count Jumps

- Leg focus
- Breath and movement
- Transition games
- Cadence drills
- Resistance fun
- Visualizations
- Heart rate cues
- Music/downbeat, off beat, no beat

Handouts with more than 20 different ways to be creative with Jumps will be given out to each participant.

**Please remember to submit a session evaluation.
Your feedback is important to us!**