

## **New Moves Guest Instructor Ideas**

### **Dance ideas**

Hip Hop Dance  
Belly or Middle-eastern Dance  
African Dance  
Salsa Dance/Zumba  
Brazilian Dance  
Cardio dance (various formats)  
Jazz Dance  
Urban Cheer

### **Other Guest Instructor ideas**

Low impact aerobics  
Aerobic Tennis  
Kickboxing  
Pilates  
Yoga  
NIA  
Circuit training  
Fitness hooping (Aerobics with weighted hula hoops)  
Nordic walking  
Self-defense  
Capeoria (Brazilian martial arts/dance combination)  
Various martial arts  
Aerobic drumming

### **Field trips**

Spinning class  
Weight training class  
Rock climbing  
Circuit training  
Canoeing  
Kayaking  
Skiing or snowboarding  
Nordic skiing  
Snowshoeing  
Hike  
Trail running/walking  
Geocaching (organized scavenger hunt)