


# Jo's Blog

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## **Just Jhoom dance and fitness – a review**

Yesterday myself and a friend went to a taster session for a Just Jhoom dance and fitness session. This is run by Cath's Kickers Dance and Fitness and I already attend her classes for Nu-Line and Zumba.

Just Jhoom is inspired by Bhangra and Bollywood dance as well as bits and pieces of all sorts of other dance forms thrown in including hip hop and jazz. It differs from Zumba in as much as it feels much more focussed – there is a lot of work with the hands and arms – lotus and bee hand shapes featured a lot - which does concentrate the mind and firms the arm muscles! There are enough similarities to both Nu-Line and Zumba that make it easier to pick up if you've done either of those in the past but it's different enough that you do feel that you're taking part in something new. The music is great – a real mix but always with that distinctive Eastern sound and rhythm. As with all dance fitness routines this started with a warm up which even included eye movements. Things then get a bit more aerobic and energetic but still with a very controlled feel- the use of the arms and hands making you very aware of every part of your body. It feels as if you really are doing yourself good. There is an exoticness and grace to Jhoom - my daughter asked why I wasn't wearing a sari as I left the house and I wouldn't have felt out of place wearing one such was the feel of the dances (please don't try it though it's much too energetic to be doing it in anything other than fitness wear). I have danced at an Indian wedding many years ago and some of the Jhoom routines reminded me of those dances. At the end there is a warm down with slow stretches. It was so much fun – I felt really good after the session as it was great to try something new and different to anything I'd done before. It has the cardio-vascular element that gets your heart rate up but also it feels very toning at the same time – I certainly knew that I'd done something new this morning when I got up and felt that pleasant muscle ache in my calves. My friend also really enjoyed herself.

Cath is hoping to start regular Just Jhoom classes in the New Year. She has done a two-day course to learn to teach Just Jhoom and it's clear that she has as much passion and love of this as she does for Zumba. She has bags of enthusiasm and energy and smiles the whole way through. Cath brings her own unique style to lessons which is why I think she's so loved by her classes. As this is new to her she does occasionally have to take stock of where she is in a dance which is unsurprising as there is clearly so much to learn – but that in no way detracted from the experience. I can't wait to add this to my weekly routine of Nu-Line and Zumba – they each fulfill something different for me. I'm sure that Cath will do well with Just Jhoom and wish her very well with this new string to her already amazing bow.