

# Reggaecise

Check out Nathan, *The Bodyman*

**Reggaecise** is a high energy Caribbean rhythmic workout taught to a combination of reggae and soca music that takes you on a trip to paradise. You will feel as if you're in the Caribbean, be prepare to sweat and smile (S&S), followed by an Ab-session, relaxation, and visualization. A good way to burn those extra calories and have fun. If you like to dance, you'll love **Reggaecise**!

This fun and exciting program is a fantastic way to get you on your feet and shape up! This workout will blow you away like the cool breezes of the island.

Nathan Palmer, the Bodyman, is a personal trainer and an aerobics instructor certified by American Fitness Association of America (AFAA). He's been a fitness instructor for over 36 years and a personal trainer for over 26 years.

