JIGGAEROBICS

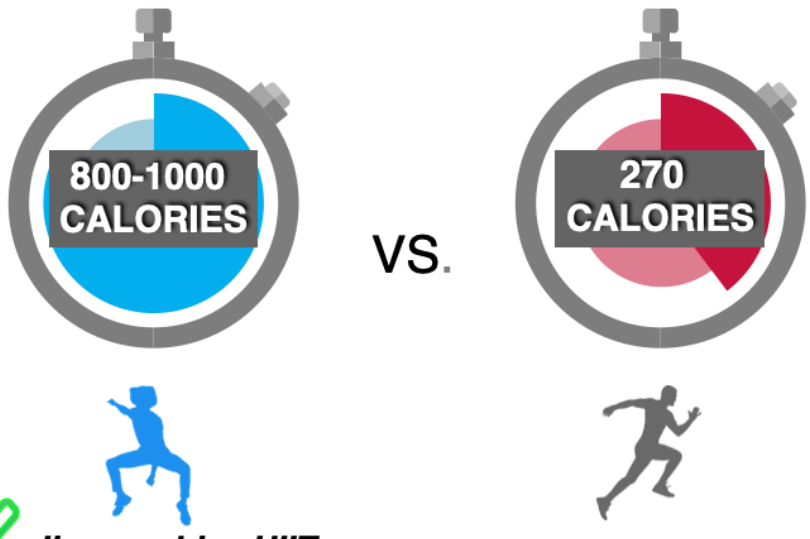
"GET LIT WHILE YOU GET FIT"

- JiggAerobics is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation called "GetRight Sessions."
- JiggAerobics was founded in 2015 by dance sensation, LaDonte Lotts and combines"jigging," an energetic Louisiana dance style with numerous plyometric exercises.
- JiggAerobics exercise classes are unrivaled "fitness parties" that blend modern upbeat world rhythms with easy-to-follow choreography, for a total body workout that feels like a celebration.
- JiggAerobics' underlying mission is to use our fitness sessions as a vehicle to spread "cheese," joy and happiness worldwide. Get ready to '*Get Lit While You Get Fit!*'

DIGITAL REACH 14.6 million+

AS SEEN ON: abc · SHARK TANK · club MTV · VH1 · THE WALL STREET JOURNAL. WSJ

30 Min Workout



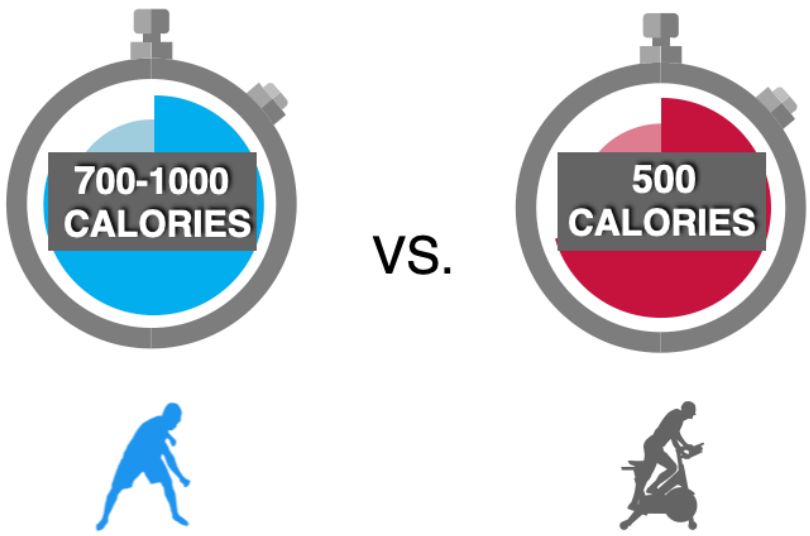
Jiggaerobics HIIT

In a 30 minute JiggAerobics HIIT Session, you will burn 800-1000 Calories while having Non-Stop FUN!

Running

Running for 30 minutes at a moderate pace will burn about 270 Calories.

1 Hr Workout



Jiggaerobics Dance Cardio

A 1-hour JiggAerobics Dance Cardio Class can burn between 700-1000 Calories!

Cycling

A moderate 1-hour Cycling Class can burn up to 500 Calories.

CONTACT US: (504) 221-9191 · info@jiggaerobicsfitness.com

WWW.JIGGAEROBICSFITNESS.COM