

## NEVADA BREEZE™ PROGRAMS

### PARTY RHYTHM BUS

#### MOBILE EVENTS: (On-location)

- \* Birthday Parties
- \* Wedding Receptions
- \* Family Reunions
- \* Comedy Retreats
- \* Fundraisers/Charities
- \* Special Events

#### PRODUCTION:

##### **Queen of Hooks®**

- \* Providing Hooks & Production to groups & individuals of all ages on all levels of Music & Promotions for the Entertainment Industry

#### PERSONAL TRAINING/

#### GROUP FITNESS SESSIONS:

**Nevada Breeze Fitness Gravity®:** (Self-Gravity  
Fitness Training)

**Rhythmcise®** (Rhythm Fitness Training)

**Rhythmcadio®** (Cardio Fitness Training)

**Rhythmpedics®** (Chair Fitness Training)

**Rosewhistle®** (Fitness Training including  
breathing technique)

**Rhythmgravity Aerobics®** (Aerobic Fitness Training)

**Rhythmgravitate®** (Rhythm Balance Fitness Training)

**Heelcise®** (Balance Fitness Training)

**Organcise®** (Short-Range Repetitive Motion  
Fitness Training)

##### **Nevada Breeze Rhythmhoop™ Fitness Courses:**

(Cardio Fitness Training using over-sized, heavy hula  
hoops AKA **Nevada Breeze Rhythmhoops™** )

#### MASSAGE THERAPY SERVICES:

**Rhythmpeutics®** (Self-Massaging Training  
& Massage Therapy Services)

**Nevada Breeze Rhythmmessage®**  
(Rhythm Massage Therapy Services)

\*2 inquire about any of the above services, please contact:

**BC by text at (916) 398-6277 Subject: Inquiry**