

# NEVADA BREEZE FITNESS GRAVITY® PROFESSIONAL SERVICES

## **PARTY-BUS: (on-location)**

Rhythm Bus Mobile Events

- \* 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:**

**Rhythmcise®** (Rhythm Fitness Training)

**Rhythmcardio®** (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 Rhythrhoops™ Fitness Cardio Classes:**

(Cardio Fitness Training using over-sized, Hula Hoops

AKA **Nevada Breeze Rhythrhoops™**)

## **MASSAGE THERAPY SERVICES:**

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

**Nevada Breeze Rhythmmassage™** (Rhythm Massage Therapy Services)

**2 inquire about any of the above services,  
please contact B.C. by text at (916) 398-6277  
or send email 2 nevadabreezebc@gmail.com  
(Attention: B.C. - Subject: Inquiry)**