

MUSIC. MOVEMENT. MENTAL HEALTH.



Konga
BY THE JUNGLE BODY

VYPA
THE ULTIMATE BOXING WORKOUT

TYGA
THE DANCE CARDIO WORKOUT

Jagua
TONE • SCULPT • STRETCH

BURN!
THE DUMBBELL WORKOUT

getlow

ROAR

cubz

who is THE JUNGLE BODY

WHO ARE WE?

We are The Jungle Body® – a global exercise & movement-to-music company offering a range of soul-igniting and beat-driven programming for everyone.

What makes The Jungle Body different is we are more than just about your physical health – we are about supporting your mental health. To put it simply, we are your happy place. Our programs are about celebrating & empowering all body shapes, ages, sizes & fitness levels.

Our classes are inclusive, vibrant, welcoming & 100% stress free. You can find our workouts in over 20 countries worldwide led by our phenomenal team of highly certified instructors.

WHAT DO WE DO?

The Jungle Body® is the brand behind our eight programs – Konga®, Vypa®, Jagua®, Tyga®, Burn!, Cubz, Getlow & Roar.

Each program comes with a monthly release of new routines plus a carefully curated playlist to give you one damn good time.

We have made sure our classes are fun, easy to follow and give you the flexibility to perform at your own pace. Whether you're wanting a high intensity boxing class, a fun kids program, low impact training or the hottest dance cardio class on the planet - The Jungle Body® has a program for you.

HOW WE DO IT?

Our programs are created in-house by our team of Choreographers who design, test & film up to 10 new routines per program every month. Each routine is carefully curated to the hottest, greatest & latest tunes.

This ensures all Jungle Body classes are consistently fresh, challenging & ready to flood your body with feel-good endorphins.

Our super talented & ultra-friendly Instructors are certified through our global e-training system so they can deliver high energy ridiculously fun classes. Oh and yes...you can have two left feet & still master a Jungle Body program from your first go.

a global exercise &
movement-to-
music company
offering a range of
soul-igniting and
beat-driven
programming for
everyone.



We offer 8 PROGRAMS

8 epic programs for all fitness levels & types. Programs to sculpt, transform and shape the entire body, that are incomparable to any other workouts out there.



High intensity & low complexity fusing dance, boxing, cardio & toning to popular music!

Dance
Boxing
Cardio
Sculpting



A sexy hip hop, dancehall & afro based workout.

Hip Hop
Pop
Dancehall
Afro



A hardcore, high intensity interval workout combining kickboxing, MMA, plyo & boxing.

Boxing
Kickboxing
Cardio
Plyo



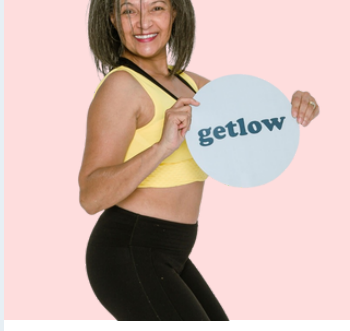
One of a kind choreographed toning workout. Using dumbbells & booty bands!

Upper Body
Lower Body
Core



Body sculpting & conditioning with ballet & dance, to hip hop, pop, afro & old school music!

Stretch
Sculpt
Strengthen
Tone



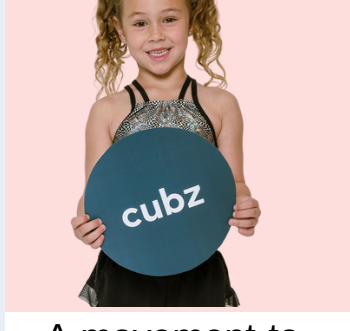
A Low Intensity program for over 50's, recovering injuries, post & pre natal.

Light cardio
Dance
Boxing
Dumbbells



A seriously fun class for kids ages 7-12. A high energy program to popular hip hop and pop tracks.

Dance
Cardio
Play



A movement-to-music program for children 2-6. Children will learn, connect & express through music.

Dance
Play
Movement
Mindfulness

what we offer WORK WITH US

1

HOST OUR PROGRAM

Gyms, Schools, Rec Centers, Health Clubs, Facilities or any community centre can host The Jungle Body programs with no fees or charges. Simply find a qualified instructor to start teaching, get our Head Office to source you an instructor or host a training at your facility to train up your existing instructors.

2

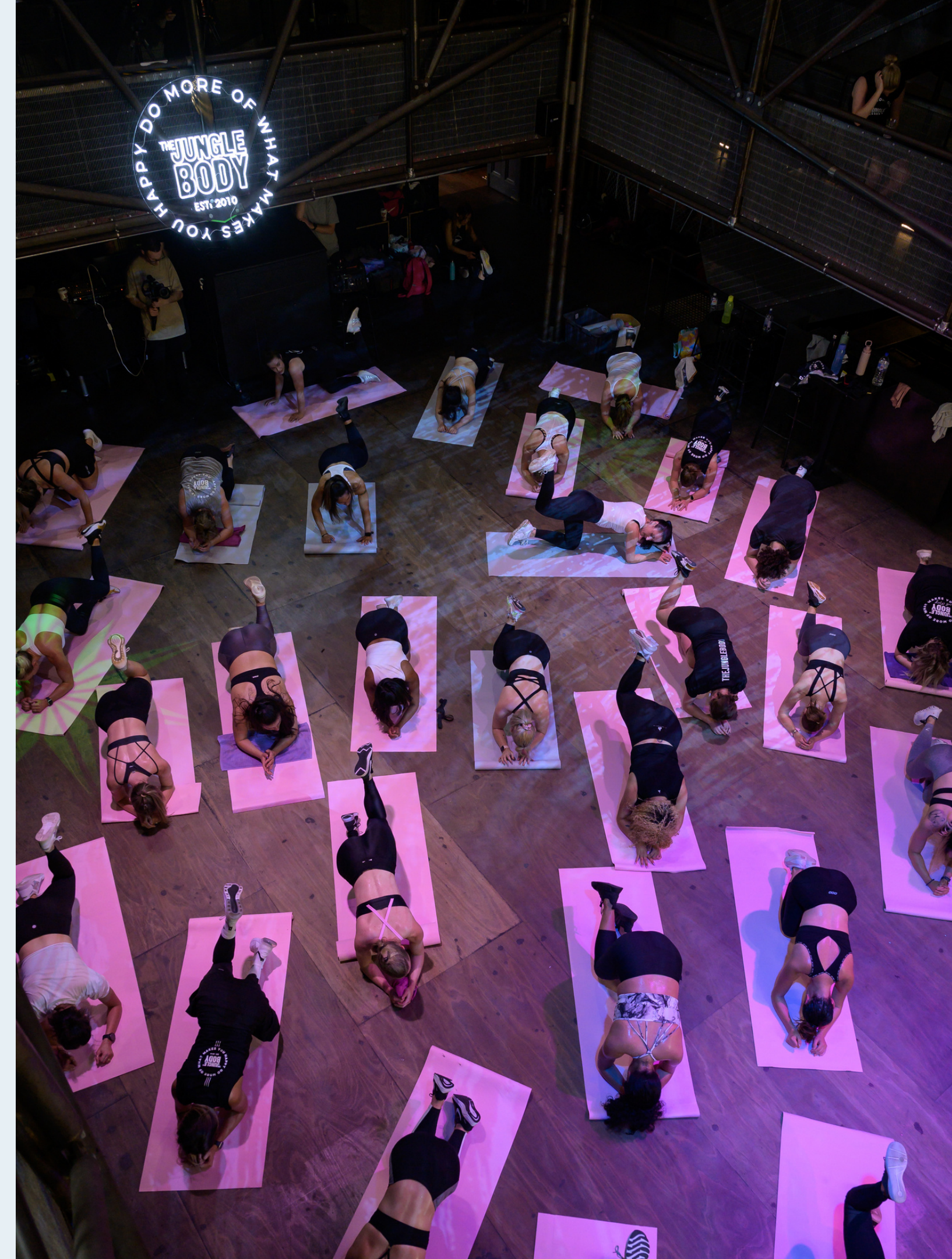
BECOME AN INSTRUCTOR

Instructors can work for themselves independently or for a gym, rec center, school, health club or facility. After completing the training & paying the monthly license fee, instructors can begin teaching whenever they feel comfortable. Every instructor is an independent contractor, which gives them the freedom to set their own schedule, rates, terms at any facility.

3

ATTEND A CLASS

Uncover the best ways to launch your Jungle Body career, learn unique marketing strategies, PR tips and social media. We'll give you everything you need to build, sustain and create classes. Turn it into your full time job or even open your own Jungle Body gym. The opportunities are endless.



about us

THE TEAM

The Jungle Body® is the only fitness company that allows its instructors to get 100% certified online! We offer empowerment through flexible employment where our instructors can become their own boss and teach once a week to full-time! Our instructors can teach from anywhere in the world – from Australia, Malaysia to London or Austria!



TARA
CEO & Founder



SHEREICE
Choreography &
Training



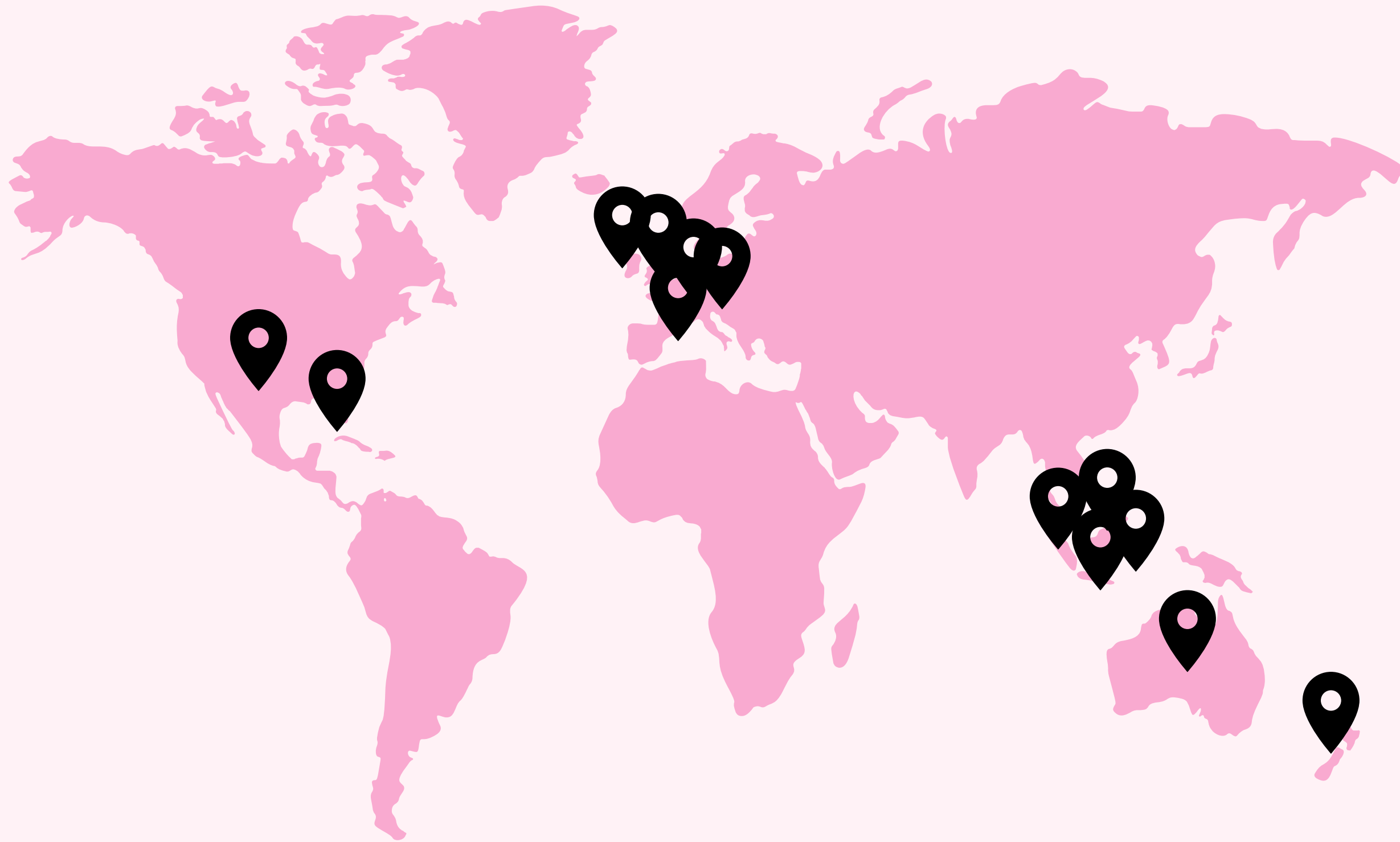
ASH
Choreography &
Assessments



ADELLE
Brand & Marketing



KATY
Retail & Community



where in the world LOCATIONS

We have 1000+
instructors globally

how to become an INSTRUCTOR

1

LEARN THE ROPES

Certifications to become an Instructor are done 100% online via our e-learning platform. Included in the e-manual is access to videos and over 70 pages of education and training to get you qualified. We also offer face-to-face trainings to add further support globally every 12 weeks.

2

MASTER YOUR MOVES

Learn how to deliver The Jungle Body® method, master dance & fitness technique, musicality & cueing; plus learn the secret Jungle Body formula. Your e-training will include theory and videos to help you master functional, beat-driven movement.

3

START YOUR LICENCE

Once you pass your online assessment you will need to start your monthly license fee. Once this is started you will get access to thousands of routines + we'll give you everything you need to build, sustain and create classes. Turn it into your full time job or even open your own Jungle Body gym. The opportunities are endless.



get certified

WHAT YOU RECEIVE

Our instructors get access to everything they need to be successful. Get certified and receive:

1

NEW CHOREOGRAPHY

Get 8-10 new choreographed routines every single month to keep your classes fresh.

2

THE WORKOUT LIBRARY

Get access to an archive of hundreds of choreography videos from the past years

3

CLASS FINDER

Add your classes to our website so you can reach thousands of potential clients.

4

THE RESOURCE CENTRE

Download marketing material, videos, logos, posters and promotional material.

5

INSTRUCTOR EXCLUSIVES

Get access to news, tips, monthly instructor newsletter, promotions on clothing and 24/7 support.

training PRICING

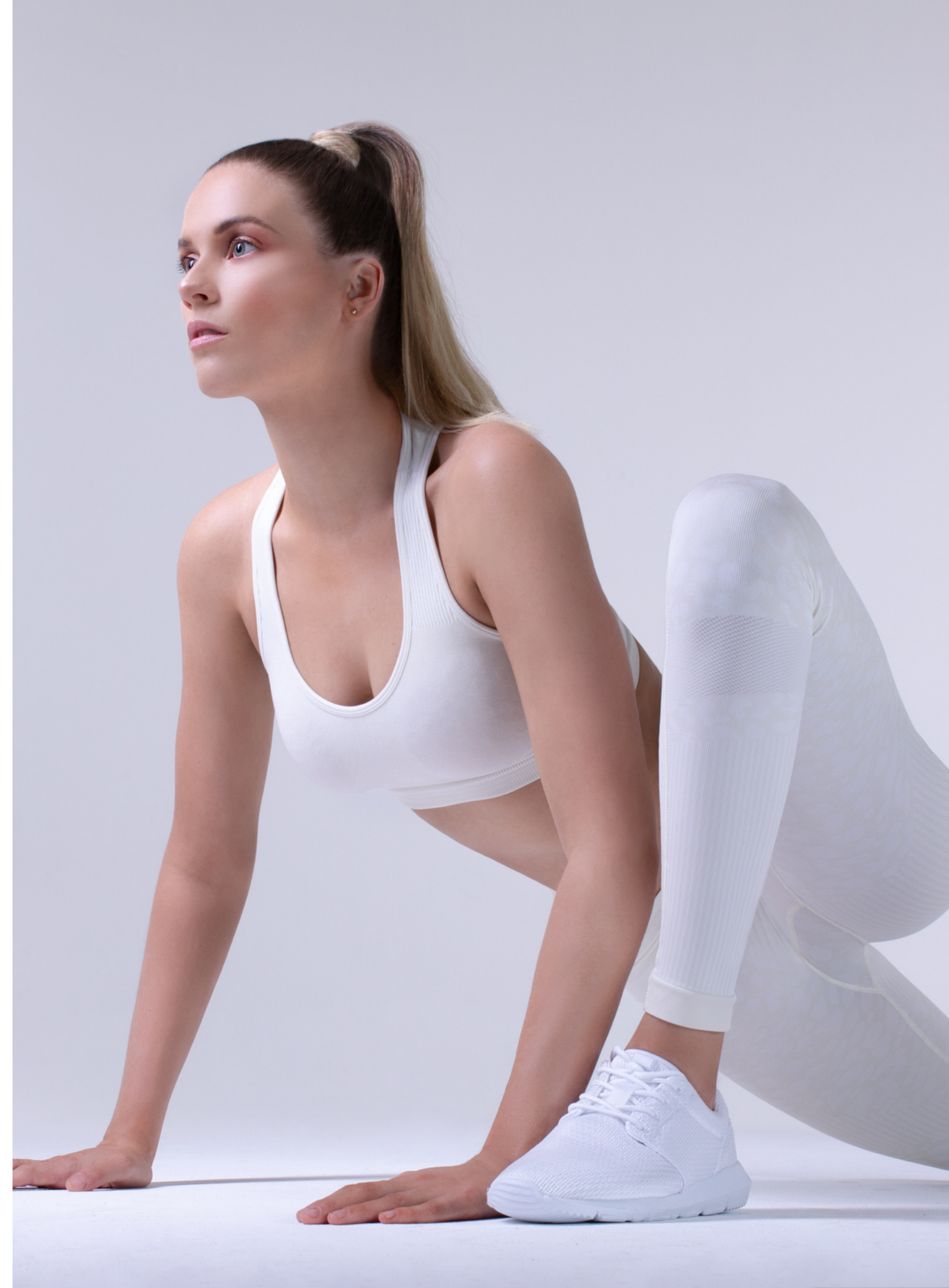
Becoming an Instructor is super affordable and can be done completely online. Our pricing is in AUD below. *GST is only charged to Australian instructors.

Certification Fee

1 Program	AUD \$249.00 + GST
2 Programs	AUD \$498.00 + GST
3 Programs	AUD \$747.00 + GST
4 Programs	AUD \$996.00 + GST
5 Programs	AUD \$1,245.00 + GST
6 Programs	AUD \$1,494.00 + GST
7 Programs	AUD \$1,743.00 + GST
8 Programs	AUD \$1,992.00 + GST

Monthly License Fee

1 Program	AUD \$28.48 + GST
2 Programs	AUD \$33.83 + GST
3 Programs	AUD \$39.98 + GST
4 Programs	AUD \$45.98 + GST
5 Programs	AUD \$50.97 + GST
6 Programs	AUD \$55.97 + GST
7 Programs	AUD \$60.51 + GST
8 Programs	AUD \$65.00 + GST



programs that
actually make a
difference in your
life & others

THE JUNGLE
BODY









WHAT IS KONGA?

Dance . Shake . Squat . Twist . Punch!

KONGA® is a 50 minute easy-to-follow, mood-elevating, high intensity fusion of Boxing, Cardio, Dance and Sculpting set to the hottest beats. KONGA® is the all-in-one workout that will torch calories, tone up your bod, make your soul smile & inject your body with an endorphin overload. You will have so much fun sweating it out you might forget you're burning up to 600 calories. KONGA® is designed to be super inclusive for all shapes, ages, sizes and of course those who have two left feet.

 WHAT IS INVOLVED	 COMPLEXITY & INTENSITY	 MUSIC CHOICE	 CALORIE BURN
Dance Boxing Cardio Sculpting	Low complexity High intensity Suitable for all ages & fitness levels	Afro Hip Hop Electronic Old school	700 Approx



KONGA is a Fitness Australia Approved CEC Program









WHAT IS VYPA?

Fight . Punch . Attack . Jump!

VYPA® is a 50 minute explosive, high energy, hardcore workout featuring boxing, cardio, plyometrics & sculpting all set to an epic hip hop & electronic playlist. Its fun, its wild and its hard AF. Expect to drip in sweat as you burpee, lay down a tonne of jumping jacks & kick ass with some swift boxing combos. Join the VYPA tribe & get your mind, body & soul into the sickest shape ever.

 WHAT IS INVOLVED	 COMPLEXITY & INTENSITY	 MUSIC CHOICE	 CALORIE BURN
Cardio Plyometrics Boxing Kickboxing Floor work	Low complexity Extreme high intensity Suitable for medium to high fitness levels	Electronic Dubstep Hip hop Afro	800 Approx









WHAT IS TYGA?

Hip Hop . Dancehall . Afro . Ragga!

TYGA® is a fierce 50 minute twerk-inducing, booty poppin, heart pounding dance workout choreographed to the latest hip hop, dancehall, latin & afro beats. You can slay up to 600 calories in each sweat-session while toning up your physique & elevating your mood. The moves are super easy to follow (even if your unco), the energy is fierce & the beats are loud. Oh and remember, if in doubt – twerk it out.

			
WHAT IS INVOLVED	COMPLEXITY & INTENSITY	MUSIC CHOICE	CALORIE BURN
Hip hop Afro Dancehall Cardio Toning	Medium complexity Medium intensity Suitable for all fitness levels	Hip hop Rap Dancehall Ragga Afro	600 Approx









WHAT IS JAGUA?

Stretch . Tone . Sculpt . Squat!

Move out of your head and into your body with our full body workout - JAGUA®. The program takes inspiration from ballet, pilates and yoga to improve your flexibility, muscle strength, tone & endurance. This empowering body-defining workout is set to music from all decades to flood your soul with feel-good vibes. Feel strong, feel fierce & feel better with JAGUA®.

			
WHAT IS INVOLVED	COMPLEXITY & INTENSITY	MUSIC CHOICE	CALORIE BURN
Ballet Body sculpting Stretches Core training & balance	Low complexity Low to medium intensity Suitable for all ages & fitness levels	Pop Old school Afro Classics Electronic	400 Approx







BURN!

THE DUMBBELL WORKOUT

WHAT IS BURN?

Curl . Dip . Raise . Press!

BURN! is a transformative dumbbell & resistance band workout that will totally redefine your physique, ignite your muscles & flood your body with endorphins. BURN's unique method combines 1.5kg–2kg dumbbells and resistance "booty bands" with high repetition movements & a carefully curated playlist to inspire the mind, body & soul. The result is a stronger, leaner & more agile body with a side of good vibes.

 WHAT IS INVOLVED	 COMPLEXITY & INTENSITY	 MUSIC CHOICE	 CALORIE BURN
Full body conditioning using dumbbells with dance influence	Low complexity Medium intensity Suitable for all ages & fitness levels	Afro Hip hop Top 40 Classics Old school	400 Approx







getlow

WHAT IS GETLOW?

Music . Movement . Wellness

GETLOW® is a beat-driven low impact workout designed to ignite your mind, move your body & improve your wellbeing. This 45 minute LIT (low intensity training) full body workout uses boxing, dance, dumbbells, light cardio & seriously good music to transform your mind & body.

			
WHAT IS INVOLVED	COMPLEXITY & INTENSITY	MUSIC CHOICE	CALORIE BURN
Dance Cardio Boxing Dumbbells	Low impact Low complexity	Music from all decades	450 Approx





WHAT IS ROAR?

Move to the beat

ROAR® is a seriously fun 45 minute movement-to-music class for kids ages 7-12. This high energy program mixes up beat-driven movement to the coolest & most popular hip hop and pop tracks on the radio! Expect to shake it off like Taylor & turn it up like Bieber.



WHAT IS INVOLVED

Dance
Cardio
Play



COMPLEXITY & INTENSITY

Low complexity
Medium intensity



MUSIC CHOICE




Kids popular music





WHAT IS CUBZ?

Move . Play . Dance . Discover
CUBZ® is an innovative 45 minute movement-to-music program for little humans aged 2-6. Cubz gives kids the opportunity to learn, connect & express themselves through popular music, active play, movement & mindfulness. Cubz is designed to nurture kids imaginative souls, encourage kids to be active, develop motor skills & spatial awareness, develop balance & strength, build connections & improve language skills.

 WHAT IS INVOLVED	 COMPLEXITY & INTENSITY	 MUSIC CHOICE
Dance Play Movement Mindfulness	Low complexity Suitable for ages 2-6	Hip Hop, Pop, Dance, Nursey Rhymes

