

Boogie Bounce has come to Nottingham - we gave the trampoline workout a try

The new keep-fit class guaranteed to put a smile on your face

BY

RACHEL GORMAN FEATURES WRITER (ENTERTAINMENT)

18 JAN 2019



Boogie Bounce class instructor Lynsey Neill (Image: Nottingham Post/Marie Wilson)

If cracking a sweat bouncing your heart out to an array of pop bangers sounds like it'd be a laugh... then you'd be right.

"And now the drums," chirps fitness instructor and young Zoe Ball (kinda) look-a-like Lynsey Neill, signalling the class to spring into their best Phil Collins impressions while simultaneously jumping up-and-down like excited toddlers on exercise trampets. Just minutes before this the class had been doing the robot to Bon Jovi resulting in scenes, not dissimilar, to that of when Phoebe attempts running in

Friends. Yes folks, it's time to leave your egos at the door, this is the city's newest and funniest exercise class - this is Boogie Bounce.

Launched at Fiesta Dance Centre, in Ashley Street, Sneinton, this week, the keep-fit sessions which are part aerobics, part dance, part if-you-don't-know-what-you're-doing-it-doesn't-matter-just-keep-bouncing, use mini trampolines with safety handles as part of a 45 minute class which claims to increase metabolism, relieve stress, reduce cellulite and burn calories.

Choreographed to chart-topping music it includes a cardio section, a bums, tums and thighs section and a, much needed, cool down too.



New trampoline fitness class Boogie Bounce is coming to Roden House in Sneinton (Image: Nottingham Post/Marie Wilson)

To take part all you need is a t-shirt, shorts or loose bottoms such as jogging or yoga bottoms, grip or tote socks (available from Fiesta Dance Centre for £4 per pair), a hand towel and bottled water.

Bringing a sense of humour is also an advantage as seeing yourself bouncing around like a yo-yo is not something to be taken too seriously. However, the results of the workout are no laughing matter and after three-quarters of an hour of doing rock star jumps, twirls, air punches, kicks and spins, there's no doubt (as I was) that you'll be cracking a sweat and feeling the burn - but with a smile on your face.

The class, a franchise started in 1996, is the latest addition to Diane Pickard's dance studio, which opened in 2016, following 10 years of teaching across the East Midlands under the brand Fiesta Flamenco. It was the first dedicated Flamenco studio in the country, specialising in classes aimed at adults, with a custom made, fully sprung, oak, percussion floor.

"We offer Flamenco dance for beginners to advanced, the classical form of Spanish dance complete with castanets and the speciality form with the long tailed skirts Bata de Cola," says Diane, a former professional dancer, who you may be able to sport in Queen's Radio Ga Ga and I Want to Break Free music videos.

"We are also very lucky to be able to invite guest teachers from Spain to deliver intensive Flamenco dance workshops. In recent years we have welcomed Alejandro Molinero, Angel Fariña and Maria Vega."



Boogie Bounce class instructor Lynsey Neill (Image: Nottingham Post/Marie Wilson)

Fiesta Flamenco has now put on three Peñas in Nottingham delivering a full on Spanish experience.

Diane says: "Tapas, Paella and Sangria were in full flow. Every student performed supported by guest singers and dancers. The school will be working towards it's next performance in May 2019 where we will be able to include even more student performances and special guest performances from friends and colleagues. A truly multi-cultural spectacle."

Over the past three and a bit years the school has expanded to include classes just for adults in ballet, pointe work, Broadway tap, rhythm tap, contemporary dance, yoga, pilates and most recently Boogie Bounce, which takes places on Tuesday evenings and Thursdays during the day.

Sessions are £6.40 (includes on line booking fee). You can book now on line at www.bookwhen.com/fiestadancecentre

Diane has been dancing since she was six years old and like many kids, dreamed of becoming a ballerina. "I think it was the tutus that did it," she says. At the age of 11, with the encouragement of my teacher and the support of my parents, I auditioned and was offered a place to study professionally at Elmhurst Ballet School in Surrey, where I took my exams in classical ballet, tap, modern and Spanish Dance. Notably I was chosen to perform for Diana, Princess of Wales before the school relocated to Birmingham in 2000.

"By the time I was 13 it was decided that I did not have the physique to be a ballet dancer (too many curves) and, therefore, concentrated my efforts on performing arts including jazz, choreography, tap, contemporary, singing and drama."



Boogie Bounce class instructor Lynsey Neill (Image: Nottingham Post/Marie Wilson)

It was at this stage that Diane, who is currently consulting on the film *The Bookstore* (actor Susan Lynch's directorial debut with *The Charlatans'* Tim Burgess in the lead role) discovered a passion for Flamenco and Spanish dance.

She says: "I consider myself very fortunate to have studied with the Spanish Dance Society during my time at Elmhurst.

"When I reached 16, I once again auditioned and was accepted at London Studio Centre. During this time I also began to attend regular classes at the famous Pineapple Studios in Covent Garden, and upon graduation from London Studio Centre worked as a professional dancer both in the UK and abroad.

"I continue to attend the Spanish Dance Society's International Summer School in London each year and this has afforded me the opportunity to study with international teachers and dancers including Alicia Marques, Gemma de la Cruz, Angel Munoz and Inmaculada Ortega."

Teaching classes and keeping on top of admin means Diane works pretty much non-stop all week but she's still looking to introduce more classes in the future and help train aspiring instructors.

Think I'll have to wait to get my breath back before trying those though.

For a full listing of classes visit www.fiestadancecentre.com