



# STEP IT UP... change your body and brain

## Master class and workshop with The AQ

SUNDAY ● JANUARY 20, 2019 ● 10:30am-12:30pm  
● [FUNIQ YOU STUDIO](#) ● LONGWOOD, FL

Your *fun and wild* presenter **Bethanne Weiss (aka The Asset Queen)** will make you fall in love with teaching (or taking) “step” all over again!

The AQ will show you simple ways to:

- Create amazing choreography that can be quickly modified during class to accommodate beginner, intermediate, and advanced students at the same time.
- Effectively communicate verbal and non-verbal cues that will keep students well informed of upcoming moves, and safe from injury.
- Totally transform your body, and GREATLY improve brain function...no kidding!

This class is designed for instructors, students, and all fitness levels.

\*\$30 ● SPACE IS LIMITED TO 8 STUDENTS SO YOU MUST RESERVE BY JAN 14 TO  
[Bethanne@moveyourassets.com](mailto:Bethanne@moveyourassets.com) or 407.491.8107

Cash, check payable to Bethanne Weiss, venmo day of event or PURCHASE TICKETS [HERE](#)

(\* a portion of the proceeds will benefit [NEW HOPE FOR KIDS](#))

Bethanne L. Weiss, B.S., is a motivational speaker, author, ACE-certified fitness and nutrition professional, and ACE-certified behavior-change specialist with more than 30 years of moving assets from chairs and changing lives.

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