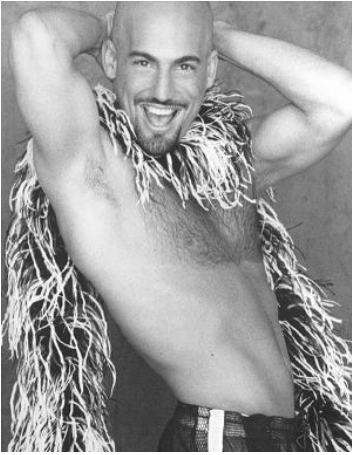


## Tribe Alumni Workshop Info, March 10<sup>th</sup>, 2012



**Jeff Costa, BU & Tribe Alum, 12:30-2:00 pm**

**Class Title/Description:** CARDIO STRIPEASE. This master class delivers an electrifying aerobic-dance workout! The perfect marriage of exercise and dance, Cardio Striptease provides a safe environment for participants to get in touch with their "inner stripper" while sweating to the most cutting-edge pop music and dancing to free-flowing and innovative choreography. **NOTE:** Must be 18 years old. Absolutely NO nudity. Wear comfortable dance clothes. Please bring an extra top to strip off, and heels, character shoes or stilettos for the end of class.

For 2012, Cardio Striptease has partnered with **Kellogg's Latin America**. Find Jeff's four new Cardio Striptease home exercise DVDs in over 2.5 million boxes of Special K cereal across 9 Spanish-speaking countries! New workouts include CST Sexy Dance, CST Chair Dance, CST Sexy Pilates and CST Sexy Abs. Just look for the Special K cereal with Jeff's picture on the box! A limited amount of boxes will be available at the workshop for a \$10.00 donation to Rainbow Tribe, Inc. Make sure you get yours! [www.CardioStriptease.com](http://www.CardioStriptease.com)

**Bio:** Jeff is a recognized vanguard of the fitness industry. With a teaching career spanning over twenty years, Jeff blew up the LA fitness scene at the turn of the new millennium, reinventing group exercise with his trademark workout, Cardio Striptease. An alumnus of Boston University and Rainbow Tribe, Jeff has become ubiquitously known as the founder of what TIME Magazine coined the *New Burlesque* movement in gym culture; unabashedly blending the worlds of striptease, burlesque and pole dancing with the training playground of the group exercise studio, complete with vertical poles, feather boas and a stable of Hollywood celebrities. Jeff's inspiration, dedication and perspiration are the hallmarks of industry excellence, matched only by his boundless creativity, a shoot-from-the-hip teaching style and authentic charm.

International Fitness Presenter, Personal Trainer and Group Master Trainer  
The creator of Cardio Striptease

[www.JeffCostaFitness.com](http://www.JeffCostaFitness.com)

AWAKEN . . . and empower what's within!



**Wendy Seyb, BU & Tribe Alum, 2:15-3:45 pm**

Class Title/Description: DANCE COMEDY - This master class will have you not only sweating with Wendy's athletic style of theater dance but also your sides splitting with laughter of the comedy your character. You will learn how much the tiniest gesture can convey so much story and character. Come play for 90 minutes of fast track Dance comedy!

Bio: Wendy has been a working choreographer in NYC for over a decade. Her recent career highlights include choreographing **THE PEE WEE HERMAN SHOW**, her Broadway and HBO debut; and working with the Tony-Award winning team of **URINETOWN** on their newest musical called **YEAST NATION (the triumph of life)**. She has also been creating her own repertoire of numerous dance comedies through her own company **EveryDayMan Adventures**.

[www.wendyseyb.com](http://www.wendyseyb.com)

Choreographer

[EveryDayMan Adventures](#)

Artistic Director



**Calvin Wiley, Tribe Artistic Director, 1993-1997, 4:00-5:30 pm**

Class Title/Description: *Waiting on confirm...*

Bio: A consummate international fitness professional with over fifteen years of experience and recognition. Calvin has been voted "THE BEST FITNESS INSTRUCTOR" for Atlanta, Georgia, 1991-1992; Boston, Massachusetts, 1997; and voted by New York Magazine, "THE BEST OF", and 1999-2000. Calvin was recently voted by his peers, during East Coast Alliance's 10th Anniversary celebration, as "Diva of the Year", and has won the "Biggest Diva" two times since, and in 2009 the "Dance Diva" Award.

Calvin is an award-winning aerobic competitor for years ranging from 1989 to 1992; for such competitions such as Reebok National Aerobic Championship, Sundance National Aerobic Championship and Challenge, Pan American Fitness Championship and the 1st National Step Championship.

Calvin has an elite international reputation in countries such as: Austria, Brazil, China, Germany, Greece, Sweden, Switzerland, Spain, Italy, North America, Russia, Singapore and others.

Calvin's most recent venture, that's causing industry buzz, is the world premier of [CALVINOGRAPHdance®](#) Choreographed Programs & Concepts. [CALVINOGRAPHYdance®](#) is pre-choreographed programming designed for group fitness and dance class environments. These pre-choreographed programs are in 4 week cycles, showcasing multi/diverse dance styles. These classes are led by our world class master instructors who bring forth our mission, vision and philosophy. This venture is a resounding confirmation of Calvin Wiley's permanent place as an innovator and pacesetter in the dance & fitness landscape.

Calvin is known for his unique and provocative style of teaching and motivating others. Calvin not only breaks new ground with his dynamic choreography, but without a doubt he's a pacesetter for the fitness and dance industries. Calvin has pioneered and branded his teaching style [CALVINOGRAPHY®](#), which maintains the philosophy that beauty, art and brilliance can be elements in fitness.