



FUN. FIERCE. FUNCTIONAL.

Functional fitness and dance together: strong movement, great music, self-expression and serious fun.

THE PARTYFIT MARKETPLACE

FRESH CHOREOGRAPHY WHEN YOU NEED IT.

New routines and ideas from a growing community of instructors.
One new song can refresh a whole playlist.

STYLE

Pop · Latin · Hip-hop
House · Athletic
and more

INTENSITY

White Yellow Orange Red
Lower → higher

COMPLEXITY

I · II · III
Simpler → more complex

THE PARTYFIT METHOD

Learn the method. Then make it yours.

- 01 Seven functional movement patterns**, brought to life through dance.
- 02 Partyfit Mixology**: build a balanced playlist from the Marketplace.
- 03 Movement** that's functional, expressive and powerful.
- 04 Good form. Strong movement.** Confidence. Taking up space.

YOU'RE NOT CREATING ALONE

A growing community sharing music, movement and ideas.

Get inspired by fellow instructors.

Teach each other's choreography.

Contribute your own.

Creators supporting creators.

PARTYFIT FOUNDATIONS

INSTRUCTOR TRAINING

7.5 BCRPA CECs

Online training coming soon.



SCAN OR VISIT

partyfit.ca

@partyfit.ca on
Instagram, Facebook & TikTok

LEARN IT. MAKE IT YOURS. BRING THE PARTY.