

Jam Dance Fitness, LLC
P.O. Box 13590
Birmingham, AL 35202
info@crunkfitness.com

Biography of Jamme Morginn

Fitness Expert



Fee Range:
Inquire for Fees

Travels from:
Birmingham, AL

Jamme Morginn is the creator of Crunk Fitness, the high-energy hip-hop dance workout that's so much fun it doesn't feel like a workout. Crunk Fitness helps all types of people around the world get fit, feel great and look fabulous. Jamme devotes a great deal of her time to helping people improve their health through physical activity and healthy lifestyle choices.

It all began with step aerobics. Jamme attended classes as much as her instructors and, before long, had all of the combinations and music memorized. It was time to move on to something new. She began to search Birmingham, Alabama for a hip-hop aerobics class. Since she never found one -- she started one!

Jamme's first classes were gospel hip-hop aerobics classes taught in her church's basement. Next, Jamme moved to the YMCA to teach hip-hop aerobics to a rapidly growing following. As the character of the class changed, so did its name. Hip-Hop Aerobics became Hydraulic Hip-Hop, Cardio Hip-Hop, Cardio Hip-Hop 101 and finally Crunk Fitness. Whatever her classes were called, they were full, so Jamme began to teach more and more classes and to travel to different health clubs.

The high demand had her teaching 12 to 15 classes per week. While she was energized by helping so many people lose weight, get fit and focus on their health, she secretly dreamed of being able to send copies of herself to some classes. A workout video, Jamme decided, would be the perfect way to get

her workout to the people who wanted and needed it without having to be in more than one place at a time. The workout video was such a huge success that she began to create more videos. Jamme never imagined that her small church aerobics program would grow to its current ever-increasing magnitude.

Jamme has been featured in numerous magazines, newspapers and television shows. Her workout DVDs are now available throughout the United States and internationally.

The next progression in reaching an ever-increasing population of followers was to train and certify instructors to teach Jamme's Crunk Fitness workout. New instructors continue to get on board and experience the exhilaration and satisfaction that comes with leading class participants into healthy and fit lifestyles. Jamme's Crunk Fitness Instructor Certification and Training Program is an Aerobics and Fitness Association of America (AFAA) continuing education (CEU) approved program.

Jamme is currently working on opening the highly demanded Crunk Fitness Studios. Whatever exciting project she may be working on, Jamme has made helping others a top priority in her life. Jamme's Crunk Fitness - so much fun you don't realize you're working out!