



**Laura Tejerina**

Comunicación eficaz & Ocio saludable

## **GAGAEROBICS: I WANNA DANCE LIKE LADY GAGA!**

'I wanna dance like Lady Gaga' are some words that seem to be everywhere around me: I think about them myself when watching [any of the artist's videos](#), I can read them everywhere around the Net and my friends say them quite often, too. The problem is: I would need hours of watching all those videos in order to learn perfectly all the moves and be able to dance that way...

[Zach Haller](#) is a fitness instructor at [Lakeview Athletic Club](#) (Chicago), where lots of Lady Gaga's fans can see their dreams come true thanks to a really original creation. **Gagaerobics** is exactly what you imagine: aerobics with music and moves by Lady Gaga.

When I discovered this great idea, I was so amazed that I decided to contact Haller, so these lines are the result of many e-mails full of interesting information.

Since we exchanged all our mails in English, I had to translate all the content for the [original post in Spanish](#) (and in so doing I also added my own words and linked to other interesting content). For this version in English, I think it's best to directly quote Haller, so... here we go!

**"The class is a 60-minute session that's a comparable style to a [Zumba](#) class. I put together a playlist of Lady Gaga songs".**

**"I put together stylized aerobic dance choreography to each class, building progressively throughout class, and starting with a warm-up and moving through different styles within the jazz and hip-hop genres".**

**“A typical class is 45 minutes (10 songs, give or take) and then 15 minutes where I piece together choreography to the most recent single of Gaga's. Currently, we're working on *Marry the Night*”.**

Watching all the performances on [Haller's YouTube channel](#) makes me laugh out loud. I really mean it! Even for the instructor, who has to spend hours watching Lady Gaga's videoclips again and again (and again!), all that work is totally worth it.

I'd like to finish these lines expressing my gratitude to Zach Haller, who replied to all my questions and even sent me some other videos! I suggest that you take a look at them. Here are the links:

- [Lady Gaga Aerobics.](#)
- [Gagaerobics – Lady Gaga Aerobics – NBC Morning Show.](#)

Thanks for reading! Would you like to [add a comment](#)? You may prefer contacting me via [e-mail](#)...



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