



THE LEGWARMERZ COMEDY WALKABOUT

Technical Requirements and
Specification



/Cirque Delight



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THE LEGWARMERZ COMEDY WALKABOUT

Introducing ... Jumping Jeff, Bouncing Bonnie and Low-Impact Lydia.

Comedy aerobics instructors valiantly trying to infect unsuspecting members of the public with their special brand of fitness-fun.

The Legwarmerz will encourage and motivate with exercises set to an enticingly cheesy soundtrack.

This trio come with their own small portable PA and microphone, and each performance set consists of walkabout with or without music leading up to a short aerobics class with one instructor and two assistants.

Bristol City Council were looking for high energy street theatre to enliven their event;

“The Legwarmerz spread their keep-fit fun all over our event and kept the audience limbered up, with participants sporting fluoro headbands. This is street theatre that is appealing for all ages. The Legz are very visual in their tight lycra, and encourage fitness with their 80’s power ballads - feel the burn!” - Kate Hartoch, BCC Events

“Fabulous! “ Michael Evis, Glastonbury Festival founder.



TECHNICAL REQUIREMENTS

Watch the show reel now.

<https://www.youtube.com/watch?v=tdXDgMpRIMk>

Summary of the walkabout

A family friendly act, suitable for all ages, involving 2-3 performers dressed as 1980s aerobic instructors.

Performance

Our day rate covers 3x30mins or 2x45`s. You can however book an extra slot for an add on fee. The performers arrive and depart in character (from the private changing area provided by the client) and are fully self-contained in regards to their costumes and props.

Fee

Please get in touch to discuss our day-rate. We require parking , return travel from Bristol and where necessary accommodation, congestion and tolls.

Performance area (and journey from changing area to performance area)

This act is roaming , it mingles with the audience and does not need a marked off area.

Staged performances

This is not a stage show

Backstage & hospitality

Parking and one changing room is required, including drinking water and toilet facilities. The changing room should be private (where possible) warm and secure with enough room for the 2-3 performers to get changed and warm-up prior to the show(s). This act uses a rechargeable sound system so may require a 240v point in the dressing room. If overnight stays are necessary, 3 single or one twin and 2 single rooms will be required,{ depending on who will be performing the act, please check in advance} ideally in a hotel/ B&B providing with parking and breakfast.

Bad weather

The show cannot be performed in rain, snow or cold temperatures. However this act has not yet been unable to perform due to bad weather and we are more than happy to negotiate show times/venues to accommodate.

Flying the show

The show requires two large hold cases within the flying weight restriction of 20/30 kg

Insurance

All performers have public liability insurance of £10m through Equity and First Act.

For a full list of Cirq Delight's aerial performances please see their website
www.cirqdelight.co.uk



*‘They were amazing and we
will work with them again.*

‘Totally unique.’

- Smart Live Events