

PowwowFIT With James Jones

Name of Event: PowwowFit with James Jones – Notorious Cree Performer

Date & Time: Tuesday September 7th from 7:00pm-8:00pm

Rounds or Segments: One

Duration: One hour

Medium/Forum: Zoom

Explanation: Join James Jones, a professional hoop dancer - otherwise known as Notorious Cree, in his high-intensity Indigenous dance exercise program. [PowwowFIT](#) brings Indigenous powwow music blended with easy-to-follow choreography found across the North American powwow trail. Now get ready to give your mind, body and spirit a workout! Our UWindsor Resort is bringing this event to you in collaboration with the Student Success and Leadership Centre and the Aboriginal Education Centre.

(jonesdancer.com)

Point Allocation:

- (0-20%) = 10 Points
- (21-40%) = 20 Points
- (41-60%) = 30 Points
- (61 to 80 %) = 40 Points
- (81 to 100%) = 50 Points

We expect everyone participating in this event to be kind, respectful, and behaving appropriately at this event, and all other Welcome Week events. If you are being rude, disrespectful, or inappropriate in any way, you will be removed from the event by a moderator or host.