

New Fitness Classes—2009

BRONYA

@ SMASH, KOTA DAMANSARA

Bringing Rhythm to Life • Fitness to the Soul.

Is getting FIT your new year's resolution for 2009? Here are 3 brand new classes to help you with your decision using two universal elements that speak to the soul : music & dance. Choose between the benefits of :

Cardio Dance - aimed at cardio (heart) health & stamina

Ballet Fit - for conditioning your body's agility & grace

Dancefit In-Line - a class that covers elements from both the above classes with added co-ordination and alertness

... OR take a combination of all the classes for the most effective workout!

For more information, contact Bronya at 014-222 9902

BALLET FIT

For centuries, ballet dancers have captivated audiences with their effortless grace and physical beauty. Today's dancers are leaner and more athletic than ever before. But beyond their sheer physicality, ballet dancers have an additional quality that sets them apart from other athletes - GRACE.

We may not be able to instill the many years of training required to become a dancer in these classes, but we will teach you to incorporate the principles of movement into your daily life in the form of an exercise routine. Using basic conditioning exercises, we will help you increase your awareness of your body, and ultimately, help you achieve more grace!

Requirements : Three-quarter dance/exercise pants, comfortable t-shirt, socks or soft ballet slippers (if you're uncomfortable with bare feet) and a bottle of water.

CARDIO DANCE

As its name conjures, this is a high energy dance class aimed at improving one's heart health and stamina.

The dance moves are basic and simple. It doesn't matter whether you are an advanced dancer or you don't know your right foot from left foot — anyone can do cardio dance! It's all about working up a sweat, targeted at giving your heart and muscles the most effective cardio workout possible for your fitness level.

Every month the style of dance and genre of music is changed so the body never gets bored and your muscles learn to respond to many different styles & rhythms.

Requirements : Dance/exercise clothes, dance/exercise sneakers, a towel and a bottle of water.

DANCEFIT IN-LINE

You know what Line Dancing is... *or do you?* Long gone are the days of 'aunties' gathering together in the parks, badminton & basketball courts dancing to honky-tonk country western tunes. Line dancing has become a FUSION of rhythms, genres and styles from around the world. The only thing that remains is the fact that the dances are still performed in lines and no contact is allowed with other dancers on the floor.

How does that fit in with fitness? Well, if you are like many people who hate going to gyms because of the boring and stagnant classes, this class is for you! Dancefit in-line is quite simply, incorporating Line Dancing into a fitness class. This is how we do it:

The first 15 minutes of the class will be spent learning a 32-count routine which will serve as our warm up. This will be followed by 30 minutes of dancing the routine we have just learnt, or existing routines continuously with full body action included to raise heart rates and increase stamina. The class will finish off with 15 minutes of floor work (to strengthen abdominal muscles) and stretches (to lengthen muscles and improve flexibility).

Requirements : Exercise/Dance pants, t-shirts, dance/exercise sneakers and a bottle of water.

TIME SLOTS AVAILABLE FOR NEW CLASSES

Tuesday 11:30am-12:30 pm
2:30-3:30 pm

Friday 9:00-10:00 am
10:15-11:15 am

Sunday 2:30-3:30 pm

If you're interested in any of the fitness classes please SMS your name, class type and time preferred to +6 014 222 9902

For information on the other classes offered by Bronya, drop by the website at www.guruofdance.com to find out more.