

GET FIT *Indian* STYLE

A NEW CULTURE OF FITNESS DEBUTING IN NORTH CAROLINA

By Courtney Hill Wilson

Everyone's been buzzing about ZUMBA®, a Latin-dance workout that has people partying and burning calories to the Latin beat!

Now, welcome another culture of fitness: the Indian dance-inspired Masala Bhangra Workout®. Named 1 of the top 5 hottest workouts in the U.S. by AOL, Masala means spicy in Hindi, while Bhangra is a traditional folk dance from the northern state of Punjab, India. Featuring dramatic Bollywood dancing (seen in Hindi films), this workout blends cardio and strengthening moves, with simple, but funky, dance steps --- making for one exciting caloric-burning workout!

You've seen it on Fit TV, now do it LIVE in January!

Kick off the New Year with an introductory class with Master Instructor Mickela Mallozzii on Jan. 2nd at 10 a.m. (\$10). Then experience the official 90-min. Master Debut on Jan. 30th with creator & Fit TV Star, Sarina Jain, at 10:30 a.m. (\$35, \$30, \$20), followed by a 'meet & greet,' Indian food tasting, henna artistry by Zarrin Henna, prize drawings and more! Both events held at the Gateway YWCA in Winston-Salem. Grab your friends, and register NOW!

There's also an Instructor Training on Jan. 30th-

31st. Take advantage of this unique opportunity to offer your clients something fresh, new, and fun!

Q&A with Sarina Jain,
Founder/Creator & Mickela Mallozzii,
Master Instructor

Courtney Wilson (CW): How do you feel about debuting your workout in Winston-Salem?

Sarina Jain (SJ): I'm very excited to finally come to North Carolina, as I know many people in your area love Masala Bhangra. They watch it on Fit TV and many of them have my workout videos.

How did you come to create the Masala Bhangra Workout®?

SJ: I created it 10 years ago. I'm the first to bring Indian dance to the U.S. fitness industry at a global level, and it's nationally certified. I wanted to share my culture with everyone through Indian dancing, and I love seeing people's faces light up after the workout. I knew by presenting at fitness conventions, other instructors would see that this is for real!

CW: You're on Fit TV, you've just released your 6th DVD, "Back to Bollywood," what's next?

SJ: Masala Bhangra Workout® Volume 7 is due out in early 2010, and more instructors are

getting trained by me! There's so much more going on in 2010, so stay tuned! Masala Bhangra is here to stay!

CW: You're kicking off the New Year with an introductory class on Jan. 2nd! What's expected?

Mickela Mallozzii (MM): Expect a high-energy Bhangra/Bollywood party that will introduce you to moves and music you may have never seen before. Also expect to have a blast and forget you're working out!

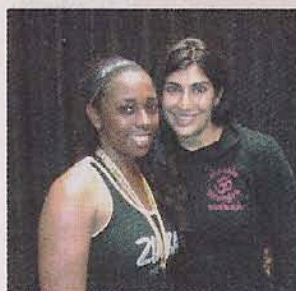
CW: How would you describe this workout's level of intensity and fun? Can beginners do it?

MM: The workout is definitely high intensity, but you can modify all the moves to your own level. Beginners are highly recommended. The moves are deceptively simple, yet you work up a sweat. This workout embodies the word "fun"; I've had students tell me it's the only workout class they attend where they never look at the clock to count-down when it will end.

CW: How do your participants respond to the workout?

MM: People love the workout. They love the music, they love the Bollywood drama, and they love the energy. My only advice is to tell anyone to try it once, and they'll be hooked just like I was.

Register for master classes at www.fif-element.com; email courtney@fif-element.com for more information.



Get Fit Indian Style in January!



90-Minute Master Class w/ creator & Fit TV Star, Sarina Jain
Jan. 30, 10:30am-12noon.
\$35, \$30, \$20 at Gateway YWCA, Winston-Salem, NC

Named 1 of the top 5 hottest workouts in the U.S. by AOL, this SPICY Indian-dance workout combines Bhangra folk dance & Bollywood moves for 1 sizzling experience!

***Will follow with a meet & greet, Indian food tasting, Henna artist, prize drawings, & more!**

Register for both Master Classes!
www.fif-element.com
Register for Instructor Training:
www.masaladance.com

Introductory Master Class w/ Master Instructor Mickela Mallozzii of New York, NY:
Jan. 2nd; 10-11 a.m. \$10
Gateway YWCA, Winston-Salem, NC

***Get Trained & Become a Masala Bhangra Instructor: Jan. 30-31st.**

Sponsored By:






Contact
Courtney H. Wilson at courtney@fif-element.com, 704-516-8268;
or Robin Ervin at robin@ywcaws.org, 336-722-5138 ext. 302

