



For Immediate Release

Make Your First Moves with mY Dance

Hong Kong, 2 July 2010 – If you like to dance and want to learn from the basics, mY Dance is the class for you. Exclusively choreographed by mYoga's very own Michael Wong, mY Dance is available at both Causeway Bay and Mongkok clubs starting from the mid of this month.

As an instructor at mYoga, Michael has realised that there are many people who are interested in dance but do not know how to get started. "Some are hesitant to join a dance class just because they think they don't have the skills required and are worried about looking embarrassed in front of others," said Michael. "It's a pity that they miss such a great opportunity to get fit and have fun."

According to Michael, mY Dance is an entry-level class working on the most basic dance moves concentrating on different parts of the body. Through structured practice, members can learn to do certain moves that they may have thought impossible before. They will also get to know how to express themselves in dance and walk away with increased confidence and enthusiasm.

Be ready to pick up some of the coolest moves such as extension, contraction, rotation, flow and balance, plus kicks and turns! The class uses familiar pop music to allow members to follow easily. For example, the music for extension and contraction features a steady beat whereas the music for flow and balance has a comparatively slower tempo. 8-10 songs are featured each time.

All these are designed to effectively help members to learn or strengthen their skills in dance and improve the flexibility and coordination of the body, while burning calories in a fun way. In addition, the combination of moves and music are updated weekly to give members extra joy and motivation.

"mY Dance is suitable for anyone who is interested in dance yet has no previous experience. Not only can members work out and make friends, but it's also a great and easy way to get ready before stepping into a more challenging class – be it Zumba Fitness, Hip-hop, Jazz or BodyJam," concluded Michael.

To get the first taste of this new and exciting programme, join the following special classes that are open to both members and non-members for free.

mY Dance Special Classes

July 24 (Saturday) 12:50pm-1:50pm Causeway Bay club

July 25 (Sunday) 4:50pm-5:50pm Mongkok club

Instructor: Michael Wong

For enquiry or reservation, please call 2390 7788 (Mongkok club) or 2576 9990 (Causeway Bay club).

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About mYoga

mYoga, Hong Kong's largest yoga club is more than just yoga. This unique holistic concept provides balance by uniting yoga and group exercise – joining both body and soul with the widest variety of mind and body programs under one roof. mYoga offers a healthy workout environment, a welcome respite from the hustle, bustle and pollution of city living and a much needed escape from the pressures of everyday modern life.

mYoga is owned by international health club giant, [24-Hour Fitness Worldwide](#). The first branch of mYoga was launched in June 2006 at Grand Tower in Mongkok, followed by a second club in the bustling district of Causeway Bay, Hong Kong in April 2008. www.myogaonline.com

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