



For Immediate Release

### **Get Ready for the Party Season!**

#### **mYoga Introduces Party Dance Special Classes – Party Medley and BellyWood**

3 November 2009, Hong Kong – mYoga, Hong Kong's largest yoga and group exercise centre, is launching a series of fun and exotic party dance special classes in November and December.

Party Medley will teach you some of the coolest and trendiest hip-hop and Latin dance moves before you kick-start your party marathon in style this holiday season!

The class will embrace Zumba Fitness as its basis. Zumba is one of the world's fastest-growing dance-based fitness workouts, and is an incredible fusion of Latin and international music with fascinating moves. It's hot, it's sensual, and it's a great way to tone and sculpt the body fast.

To make it even more fun, dance and pop hits by Beyonce, Shakira, Rihanna, Justin Timberlake and Michael Jackson, together with all-time favourite Christmas carols, will be added to the Party Medley dance pattern.

If you are seeking something exotic, the first-ever BellyWood class at mYoga is truly made for you. Yes, it's BellyWood – where you will learn both belly dance and Bollywood dance in just one go.

Native to the Middle East, belly dance is becoming hugely popular worldwide. The dance, focusing on the movement of the hip and pelvic area, is a perfect workout, especially for ladies to tone the tummy! It can burn as many calories as light jogging or swimming, and also helps strengthen bones and ward off osteoporosis.

Likewise, with lots of swings and sways, the Bollywood style of dance combines a mixture of classical Indian dance with high-energy western moves. You will learn the grace and expression of Bollywood dance while toning and firming your body without even realising it.

Want to shine on the dance floor? A few glamorous oriental moves might be your secret weapon. Come and join the party before party season starts, at mYoga!

#### **Party Medley**

November 22 (Sunday)	1:30pm-3:00pm	Mong Kok club
December 13 (Sunday)	12:00pm-1:30pm	Causeway Bay club

Instructors: Angus Chow and Tina Wong

## **BellyWood**

November 27 (Friday) 8:00pm-9:30pm Causeway Bay club

December 6 (Sunday) 11:00am-12:30pm Mong Kok club

Instructors: Emmy Abir and Shri

These special classes will be open to both mYoga members and non-members for free. For enquiry or reservation, please call 2390 7788 (Mong Kok 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](http://www.myogaonline.com)

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