



For immediate release

Latin Soul and Hip Hop Beats
mYoga introduces the new Rhythm 2 Move class

(January 2009) – mYoga, Hong Kong's largest yoga and group exercise centre, is pleased to introduce **Rhythm 2 Move** - an exclusive new class created by mYoga's very own Michael Wong. The class is available starting this month.

As an instructor for mYoga, Michael recognised that Zumba Fitness and BodyJam were both very popular with mYoga members. Taking inspiration from these two classes, he mixed sexy, passionate Latin dance moves from Zumba with an urban hip hop vibe from BodyJam to create something new and exciting for members to challenge themselves with.

Hip hop dance is a high-impact cardio workout that focuses on the upper body, targeting the arms and waist whereas Latin dance concentrates more on posture and stretching. Latin dance is great for slimming the waist and lower body so this new combination of the two provides a fantastic and fun, all-round workout.

Rhythm 2 Move is an advanced partner class so it is a great way to make friends and meet new people. In general, Latin dance is more popular among a more mature age group than hip hop which tends to attract a younger crowd, so mYoga expects this new class to bring together a wide age range of members, both male and female.

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 Asian branch of mYoga was launched in June 2006 at Grand Tower in Mongkok, followed by a second club in Malaysia which opened in 2007. The third site opened in the bustling district of Causeway Bay, Hong Kong in April 2008.

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