

Reebok Sports Club/NY presents the

Bollywood Dance Workshop

with Mickela Mallozzi

Saturday, April 4th

3:00 – 4:30pm

Studio 1, Club Level 6

Dance your way to fitness! Created by Sarina Jain, the Masala Bhangra Workout™ is derived from two Indian words: *Masala*, which means “spicy” in Hindi, and *Bhangra*, which is a traditional folk dance from the northern state of Punjab, India. The Masala Bhangra Workout™ is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) moves. This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness levels.

Members: \$25
non-members: \$35



Please contact Melissa Morin, Group Exercise Manager, at mmorin@reeboksportsclubny.com or 212.501.1429 for more information and to register.



SPORTS CLUB/NY