

Masala Bhangra Workout® Master Class

Free your Body, Free your Mind!



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, seen recently in the Oscar-winning film Slumdog Millionaire! This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness levels. It is a certified fitness program up backed up by the fitness boards, and devised by Sarina Jain, the "Jane Fonda of India."

Date: Friday, November 6, 2009
Time: 7:00 - 9:00 PM
Instructor: Sarina Jain, Creator
Location: Yates Field House, Dance Exercise Room
Cost: \$20.00 for students
\$25.00 for Non-student members
\$35.00 for Non-members
Register: September 14 - November 5, 2009
Stop in or Call 202.687.2400
Yates Field House, Main Office
Monday-Friday, 9:00 AM - 7:00 PM
Saturday, 9:00 AM - 1:00 PM
Advance registration is required.

For more information, contact Melissa Hendricks at
202.687.9471 or email georgetownfitness@gmail.com.