



AERODANCE™

Range of Pre-choreographed Group Fitness Routines

Masala™

The Masala is an energetic group exercise routine based on the latest music and movements from Bollywood and bhangra Indian dance.

The Masala is designed for serious calorie burning and stamina building. The movements are generally simple in nature and incorporate large muscle groups in big, sweeping movements that require a lot of energy to perform. The result is a heart thumping, breath gasping workout that is quick to learn, fun to perform and impossible to quit.

Classes cater for all levels of participant. *The Masala* will burn the weight off you and tighten your physique. Energy levels go through the roof and keep you happening, day and night.

Ignite the Flame

www.csprofessionalfitness.com

CS PROFESSIONAL FITNESS

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