



FREE CLASS!

Dance your way to fitness!

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 class is suitable for all ages and fitness levels.

Regularly scheduled classes are held every Sunday at 3pm!

Curious?

Please join us for a FREE class on Sunday, March 28th at 3pm

Studio Zumba Ohio- 698 W. National Rd. Vandalia, OH. 45377

(937)387-0660 www.studiozumbaohio.com

Instructor- Alison North- certified Masala Bhangra Instructor, personally trained by

Sarina Jain- the creator of the Masala Bhangra Workout.

Learn more about the Masala Bhangra Workout at www.masaladance.com

