

Payal Malkani of Nachbaliye group introduces.....



Naach2fit

Changing the way to work-out

<p>Fee Structure</p> <p>\$150 for 10 classes. Classes are once per week.</p> <p>-----</p> <p>Refer a friend and get \$10 refund for each new friend who registers and joins Naach2fit.</p>	<p>Stay fit and burn calories.....the Indian way! <i>A perfect combination of dance and workout!</i> A Special fitness program just for ladies!</p> <p><i>Get fit, lose weight, and have fun following Payal's Bollywood Dance Workout.</i></p> <p>Naach2fit as the name suggests is an interesting combination of Bollywood dance and exercise routines choreographed to a mix of Bollywood songs. Every class is broken down into sections that help participants to get a complete body workout. This workout session helps to tone your body while dancing and having fun to popular Bollywood music and stepzzzzz. It is a perfect combination of fun and fitness.</p>	<p>In our 60 minute fitness class you will....</p> <ul style="list-style-type: none">* Work on lower, middle and upper body* Have special moves for reducing fat* Stay Fit* Reduce stress* Improve cardiovascular muscles* Burn Calories* Enhance memory* Increase strength & flexibility* Tone your body* Feel good about yourself* Make friends* Have fun
<p>For schedule, and registration call</p> <p>Payal Malkani 919-362-6004 naach2fit@gmail.com</p>	<p>A fitness program for Every" Body"</p> <p>Dancing is a great way to lose weight. Besides it's not so painfully boring and monotonous as walking on a treadmill.</p> <p>Naach2fit is demanding and a bit difficult to pick up at first. But dull it is not. After all, it's so much more fun to shake your booty bollywood style than hop on a stepper.</p> <p>Work out more, work out easy. Naach2fit makes work out & fitness fun & convenient</p>	
<p></p> <p>Payal A. Malkani is an *AFAA certified instructor</p> <p><small>* (Aerobic and Fitness Association of America)</small></p>		