

DR. Q & Dr. Rady PROUDLY BRING YOU 3 BIG DEMONSTRATIONS OF:



A unique group fitness exercise!!



Not for the Girlie Girls!!



Unleashing your inner ROCKSTAR!!

Where: SEABRIGHT

When: Monday Feb. 21st

Time: 2.30-3.30pm

BOKWA®!!!- AN AMAZING new dance fitness program. Easy to follow. Infectious upbeat music! You will LOVE it ☺ !!!

Bokwa® Punch and Strike™ - loaded with intensity and a serious power and energetic strength workout for both genders that is fun and addictive!!!

SO, Let's SWEAT THE ALPHABET AND DRAW THE DIGITS™ www.bokwafitness.com

BOLLY X A Bollywood-inspired dance-fitness program combining exhilarating choreography and intensive workouts with upbeat world music. Bolly X allows you to dance as if in a Bollywood movie, shedding weight yet giving YOU the chance to become Rockstars! www.BollyX.com **BRING WATER, TOWELS & YOUR ENERGY!!! ☺**

WHAT IS BOKWA®?

BOKWA IS DIFFERENT!

Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe.

Bokwa participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants of all ages draw the Bokwa L, J, K and dozens of other steps.

NO COUNTING STEPS

Bokwa steps are structured and based on the forms of letters and numbers. Doing Bokwa does not require you to count steps. It's a traditional 2-count followed by most dance fitness programs.

Simply feel the music and freely move to the beat, with the direction of other music participants that are sharing the energy and excitement with you.

NO CHOREOGRAPHY

Once you learn the steps, you own it and can do it without following an instructor's personal choreography. Because the steps follow the same structure, whether you are doing it in Taiwan, Australia, England or the US, Bokwa is truly universal.

TODAY'S POPULAR RADIO HITS

We do Bokwa to popular music that appeals to a global audience.

The music is energizing and addictive and likely to be the same feel good songs you listen to in your car.

EVERYONE CAN DO BOKWA

Because the steps are structured in patterns of letters and numbers, Bokwa is easy to follow for everyone. Men, women, young and old, professional dancers and people with two left feet are all doing Bokwa together in the same classes all over the world.



**SWEAT THE ALPHABET
AND DRAW THE DIGITS™**

www.bokwafitness.com