

# Here comes the hotstepper

Summer is here, time to get moving and shed the extra pounds from winter's hibernation with these dance-exercise routines

## Belly shaking best

Get your abs firm with a belly-tastic shakedown! Oasis Dance Centre offers a range of belly dancing classes, with additional workshops including Bollywood, flamenco, Hawaiian and hip-hop dance. The sensation starts at [www.oasis-dance-centre.com](http://www.oasis-dance-centre.com), with all the details you need to become the best belly dancer in town!

**A+** Losing the flab

**A-** Belly dancing is better with the flab



## Go yoga!

Planet Yoga has a range of unusual dance and movement classes, including yoga combat, cardio yoga, Indian folk and bhangra dance classes to reduce your waistline and tone your buttocks. See [www.planetyoga.com.hk](http://www.planetyoga.com.hk) for details. The centre, run by Sri Srinivas Suresh Kamal, a master with more than 20 years experience, has a sister school called Bikram yoga, which focuses on hot yoga. Check out [www.bikramyoga.com.hk](http://www.bikramyoga.com.hk) for details.

**A+** Feeling flexible

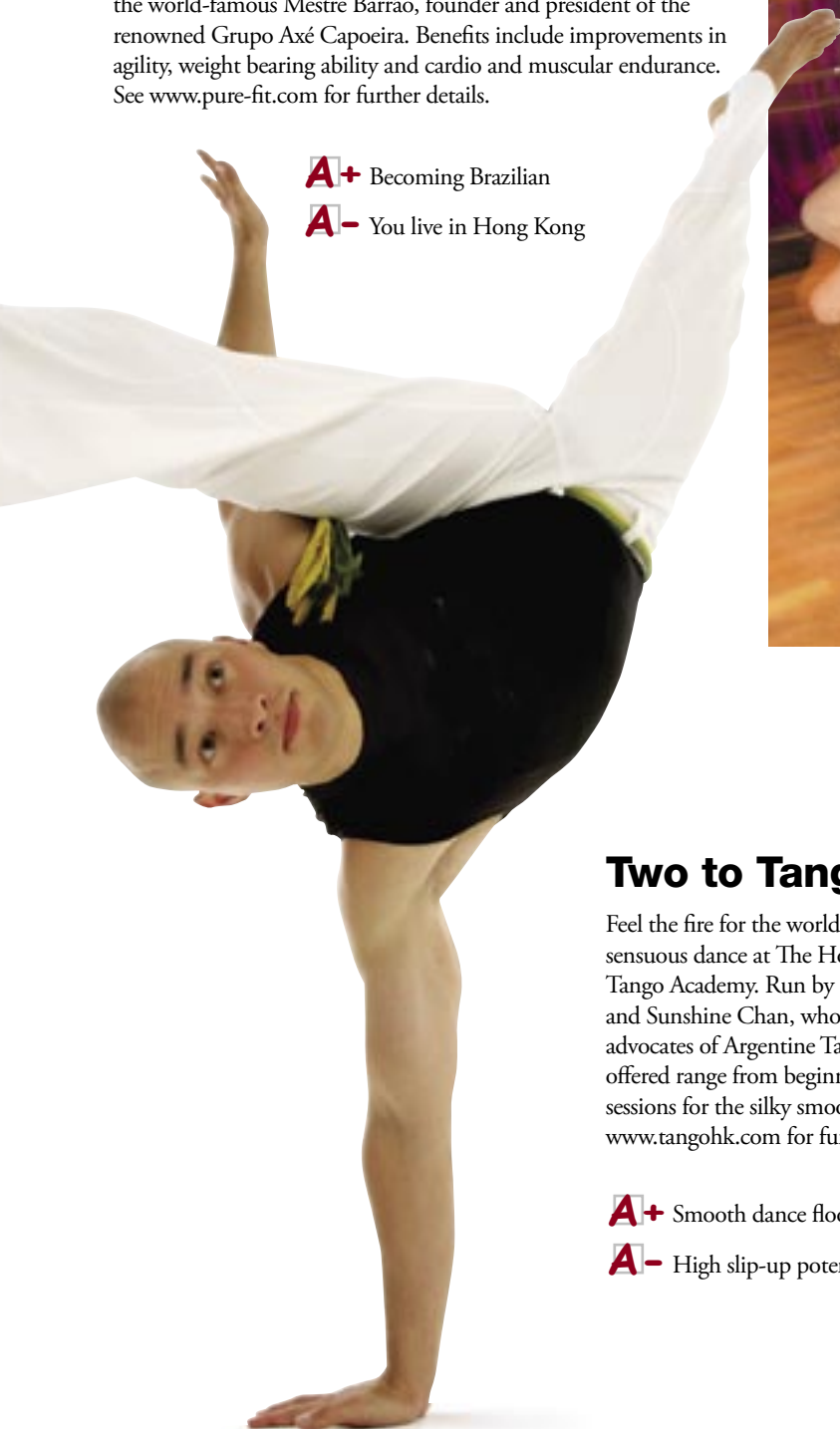
**A-** Serious soreness later

## Captivating Capoeira

Pure Fitness offers classes in Capoeira, the Brazilian martial art that combines self-defense, dance, acrobatics and live music in a ritual combat game. Sessions are led by Zen, who learned his trade under the world-famous Mestre Barrão, founder and president of the renowned Grupo Axé Capoeira. Benefits include improvements in agility, weight bearing ability and cardio and muscular endurance. See [www.pure-fit.com](http://www.pure-fit.com) for further details.

**A+** Becoming Brazilian

**A-** You live in Hong Kong

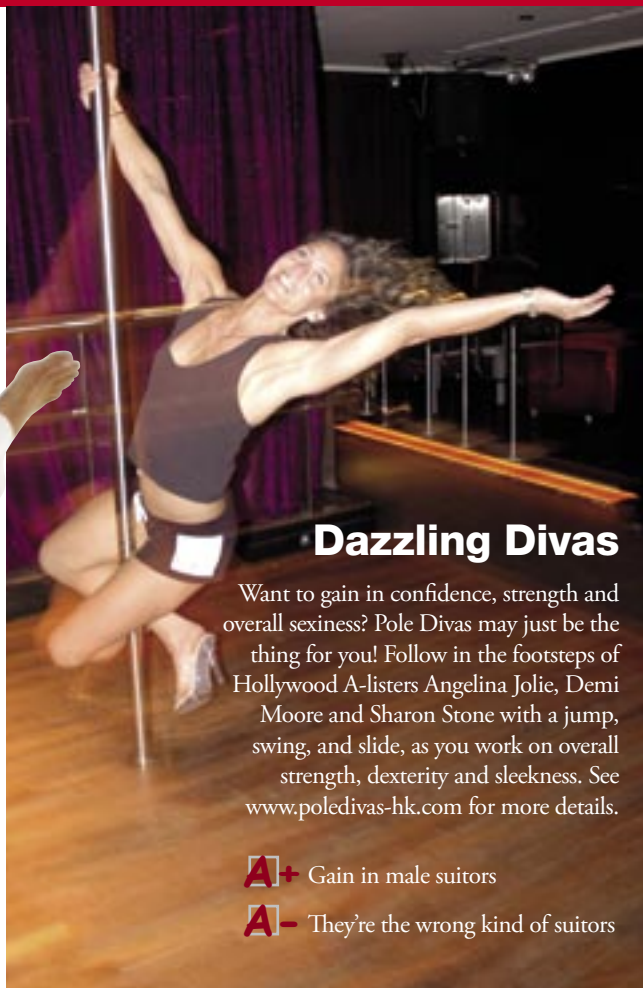


## Dazzling Divas

Want to gain in confidence, strength and overall sexiness? Pole Divas may just be the thing for you! Follow in the footsteps of Hollywood A-listers Angelina Jolie, Demi Moore and Sharon Stone with a jump, swing, and slide, as you work on overall strength, dexterity and sleekness. See [www.poledivas-hk.com](http://www.poledivas-hk.com) for more details.

**A+** Gain in male suitors

**A-** They're the wrong kind of suitors



## Two to Tango

Feel the fire for the world's most sensuous dance at The Hong Kong Tango Academy. Run by Keith McNab and Sunshine Chan, who are passionate advocates of Argentine Tango, courses offered range from beginners' classes to sessions for the silky smooth experts. See [www.tangohk.com](http://www.tangohk.com) for further details.

**A+** Smooth dance floor moves

**A-** High slip-up potential

