

Fitness takes a new form with Reema Sarin's BollyFit Program

Reema Sarin, today announced the launch of her 'Bollywood Aerobics' program "BollyFit" nationwide. It is conceptualized and choreographed by Reema, a leading fitness instructor in the country. More popularly known as the 'Bollyfit Program', this vigorous exercise routine consists of scintillating and sophisticated dance American Aerobics Steps, which are carefully synchronized to popular Bollywood, remix numbers.

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Explaining the concept Reema said 'My classes are not just fun, high energy and fast paced but each song number that I use in the class is carefully selected and tested at increased speeds of 130 -140 beats per minute (bpms). For my Step Aerobic classes, I use songs remixed at 110 bpms, as this exercise routine requires songs at slightly slower beats per minute'.

Bollywood Aerobics is the next big innovative thing in fitness, which is popularizing dance aerobic classes and is a big motivator for people to exercise. Aerobics has come a long way from being taught to the typical aerobic music, to 'Bollywood remixes' and other popular kinds of music. The moves are easily followed by men and women, as these are classic aerobic moves with a mix of dance choreography, making them distinct from all other aerobic classes. Reema also teaches 'Rock Aerobic', 'Pop Aerobic' and marathon advanced 'Trance Aerobics', which are helpful in de-stressing and unwind as you workout.

The '**Bollyfit** classes' by Reema are currently being taught in Hyderabad. She has done many organized Fitness Dance Shows all over the country and has also made a '**Bollyfit** music video', which is available for viewing on www.reemafitness.com. In addition, Reema is also the first Indian Aerobic Trainer to launch her own **Aerobic Fitness Blog** - <http://reemafitness.blogspot.com/>

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About Reema Sarin -- Fitness Consultant & Master Trainer

Reema Sarin, Leading Group Fitness Instructor and founder of the internationally famous 'Keep Fit Program' in India, has been a pioneer of Group Fitness Aerobic activity in India. Representing The International Fitness Group in India, she is a certified Instructor, trained initially by the American Fitness Company & Aerobics Group, 'USA Shape'. As a leading fitness consultants in the country, she has over 15 years of experience and training in the Fitness Industry in the US (New York with Bally's Jack Lalane and with the California Fitness Group), in South East Asia (Singapore) and in

Australia. In addition, Reema has done certification courses at multiple Reebok Workshops and Conventions on 'Healthy Living' and 'Nutritional Benefits' program from, USA. She has also launched the 'Keep Fit Program' as Motivational Aerobics to different Corporate companies, Schools, Hotels and Resorts all over India. Reema has been instrumental in promoting fitness in, as well as in introducing Aerobics and group fitness workouts at multiple locations in the country. Since 1991, she has showcased the 'KEEP FIT PROGRAM', on all the prime TV channels in the country. With many fitness shows to her credit, today Reema is a well known fitness media personality.

For Information : www.reemafitness.com

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