

WELLNESS PROGRAMMES at The Studio @InKo Centre

3 New Wellness Programmes

STRIKE 12



Strike 12 is a functional training programme with each set consisting of 12 different exercises, combining Cardio, Strength, Endurance, Conditioning, Stabilizing, Building, HIIT and Core.

Strike 12 exercises prepare the body for various forms of activity and conditions the nervous system to respond movement patterns that translate directly to life, work and sports situations. In addition, the programme assists postural alignment, balance, coordination and revs up speed, power, agility, strength, muscular endurance and aerobic fitness.

BOLLYWOOD DANCING



The Bollywood dance classes will aim to present a multicultural blend of styles that fuse various elements of Indian and Western dance to produce high energy moves. This includes a fusion of Indian classical dances like *kathak* and *bharatanatyam* with Indian folk dances such as *bhangra* and Western dance influenced by jazz and pop. Having become a major trend worldwide, Bollywood dance styles demand high energy and movement, often in response to complex musical sequences.

SILAMBAM



Silambam is a weapon-based Indian martial art from Tamil Nadu which originated close to 5000 years ago. The word *silambam* refers to the bamboo stick which is the main weapon used in this martial art form. The practice of Silambam requires an effective alignment combination of mind and body and is defined by intricate and graceful footwork.

Strike 12, Bollywood Dancing and Silambam classes will be lead by Dhananjai Golla, a certified fitness expert and his team.

For registration and further information, please call 044-24361224