

We were greeted with women wearing hip scarves adorned with silver coins when we stepped into the class. The steps, choreographed by instructor Sheryl Ng, were easy to follow and incorporated a mix of traditional Middle Eastern belly dance moves, as well as cardio jumps and kicks. The routine began with "mermaid arms" (arms swaying gently at shoulder level), followed by a series of cabaret kicks and a combination of shoulder shimmy, hip drop and bum shaking. For dramatic effect, Sheryl dimmed the lights, which, together with the hypnotic music and the ringing of the coins, created an intimate atmosphere. You won't feel out of breath in this class but it's definitely good fun!

■ **Body benefits:**

All that hip and belly shimmying will tone up your core muscles and keep them svelte.

■ **Learn it at:**

BellyBlitz lessons are available at all seven Amore Fitness Clubs. Call 6733-7333 for more information.

bellyblitz

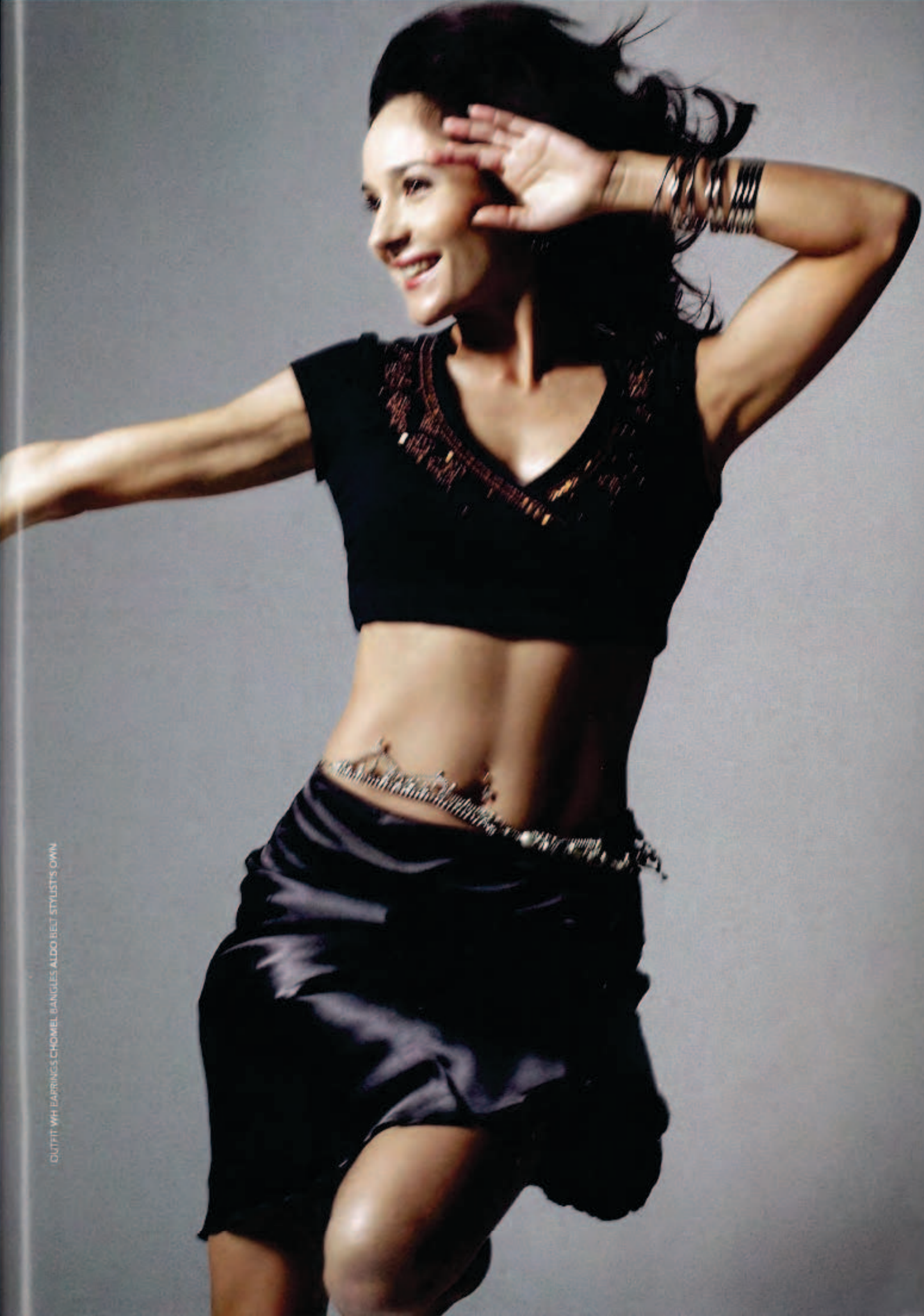
SIGNATURE MOVE:
Vertical Figure 8

- Start standing tall with your shoulders relaxed and neck lengthened. Bend your knees slightly with your feet shoulder-width apart to balance.
- Lift your right hip up, as if you were trying to sit up on a high stool or ledge. With your right heel up, push your hip to draw a circle, moving it up and outwards to your right, then down in a smooth arc while keeping your upper body straight and still. Bring your hip back to the centre to complete the circle.
- Repeat on left side.
- Combine both sides together to form a figure "8" as your hips move continuously from right to left.
- To up the intensity, place your left hand behind your head and your right hand stretched out to the side as your hip moves to the right. Repeat on opposite side.



“I love the sensuous dance movements! It is an excellent all-rounded fitness workout that's incredibly fun to boot.”

— OLESSIA TOSELLO



OUTFIT: WH; EARRINGS: CHOMEL; BANGLES: ALDO BELT: STYLIST'S OWN