

THE  
**SWINGERS**  
DANCE INC.



# MAF

MOTHER OF ALL FITNESS

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## THE SWINGER Place For Hustlers





## TO DIGEST VARIETY OF FOOD NEEDS VARIETY OF WORKOUTS

The Swingers introduces the best + “The best off fitness formula that actually works” we believe there is no short cuts to stay in shape without out sensible workouts and healthy lifestyle, MAF is a formula that’s created by bunch of Dance & fitness expertise. Whole idea is to keep the weight loss not just short time but “a longtime no weight gain formula” by doing the workout Routine.

The Class Module is Most fun and not repetitive where no one get bored and give up to easily . To Digest Variety of food needs Variety of workouts, here we wrapped the best of weight loss formula mentioned below. This Course will also increase the stamina and build’s required muscle for the workout through high intensity interval training.

### WORKOUT PATTERN - 60 MINUTES

- CARDIO WARM UPS
- BOLLY-FIT DANCE WORKOUT
- STRENGTHENING & STRETCHING
- BREAK (3MINUTES)
- HIGH INTENSITY INTERVAL TRAINING
- TONING
- ABS - THINGS & RELAX



# THE SWINGERS

Place For Parents





## DESCRIPTION

MAF is a formula to achieve long-term health benefits. It feels absolute blast in one exciting hour. Calorie-burning, Body-Energizing & Complete body workout with inspiring movements.



## FITNESS FACTS

- THERE ARE NO SHORT CUTS TO LOOSE WEIGHT
- NO POINT IN LOOSING WEIGHT WITHOUT DIET AND LIFESTYLE MODIFICATION
- LOOSING WEIGHT CAN LEAD TO DISEASE FREE LIFE
- POSSIBILITIES OF LOOKING YOUNGER THAN THE ACTUAL AGE
- DOING THE SAME EXERCISE WILL LEAD TO FATIGUE AND BOREDOM
- TO DIGEST VARIETY OF FOOD NEEDS VARIETY OF WORKOUTS

## DRESS CODE

- TRACK PANTS
- T-SHIRT
- LEGGINGS (GIRLS )
- SHORTS
- SPORTS WEAR
- TOWEL
- WATER BOTTLE





# BENEFITS OF MAF

- BODY AND MIND CO-ORDINATION
- STAY YOUNG & FIT
- LOSING WEIGHT WHILE HAVING FUN
- IT'S PROVEN ANY PHYSICAL ACTIVITY WILL BOOST UP THE PRODUCTIVITY
- ADD CREATIVITY AND ARTISTRY TO YOUR LIFE
- A GREAT WAY TO RELAX AND FORGET WHO YOU ARE
- MOST OF ALL IT MAKES YOU HAPPY
- STRESS RELIEF MAF S ALL ABOUT LETTING GO OF YOURSELF
- INHIBITIONS AND EVEN LOSING YOURSELF IN THE MOVEMENTS
- THE ENERGETIC MOVEMENTS HELP RELEASE ENDORPHINS THAT CAN ELEVATE YOUR MOOD
- A GREAT WAY TO RELAX
- ONE HOUR OF MAF WORKOUT HELPS IN BURNING ABOUT 600\* TO 1000\* CALORIES
- RESHAPE THE BODY, INCLUDING THE HIPS, ARMS, THE HEART, AND THE MIND









## ABOUT SWINGERS

The Swingers Dance Inc is a leading dance institution associated with Broadway Dance Center, New York having branches at Chennai & Bangalore . We trained more than 100000 dance professionals including dancers, choreographers and teachers.

## ARTISTIC DIRECTOR

Mr.Prasanna started his dance career at the age of seven and has undergone extensive training in dance at several internationally acclaimed dance Institutions across the world including "Edge Performing Arts" California, "Broadway Dance Center" New York. He has taught classes and performed many productions across United States of America and United Kingdom.

## TESTIMONIALS



**Jyotsna**  
Author- Blogger- Coach

After joining Swingers the biggest change which I felt is my energy and my confidence. Being a mother for 2 childrens everyone used to ask me about my weight loss and the reason behind that is MAF



**Isha**  
Student

I was a person who had literally two left feet I couldn't move at all but then after joining these classes. my instructor have been helping me a lot to shape up my intention on losing weight.



**Shruthi V**  
Radio Jockey

It is a kind of technique which helps you in toning, strengthening and overall improving your fitness levels. MAF is an complete fitness workout





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