

WIN!**K-POP
WORKOUTS**

If regular workouts don't appeal to you, KpopdanZ Fitness may have what you're looking for. Set to K-pop hits, their hour-long dance workouts will take you through 12 hot tunes as you firm your legs, arms, tummy, bottom and thighs. While you're having fun, the body-toning moves help you burn as much as 500 calories per session - similar to if you were jogging for about an hour. To pump up the fun factor, 10 minutes of each class is also set aside to learn simplified moves from popular Korean MVs!

For more information on the school, visit www.kpopdanz.com. KpopdanZ Fitness is located at 29 Bukit Pasoh Road Level 2 (Outram Park MRT Exit H) Singapore 088871. For reservations, please call Maddy at 91059821.

GET FIT WITH A FRIEND! BE ONE OF OUR 25 LUCKY WINNERS, AND YOU AND YOUR PAL WILL GET TO HAVE THREE FREE KPOPDANZ FITNESS LESSONS EACH (WORTH \$38.70)! LOG ON TO WWW.TEENAGE.COM.SG FOR DETAILS!