



# World Beat Times

JANUARY 2010

**DON'T MISS OUR EXCITING EVENTS THIS MONTH:**

- **First Kids Open Day on Saturday, 16th January from 9 am to 1pm**
- **Save the date for our next Coffee Morning on Thursday, 21st January**



Visit our new & neighborly café serving organic coffee, whole leaf tea, Oregon Yerba Mate, freshly baked goodies and housing amazing art. Come and enjoy the wonderful atmosphere !

Hello everyone,

All of us hope you have enjoyed the Holiday Season. The New Year is moments away so it seems like a good time to highlight the news and changes you may notice upon your return to the Center in early January. If you haven't already been in, you will notice that we have done some renovations and that the spiral staircase is no longer there to test your balance and patience! We have added a WC upstairs and of course, our "new baby" **World Beat Café**. If you haven't had a chance to, you must make a point of stopping in. The café offers a small selection of fresh home-baked items which I have chosen with 'health and fitness' in mind; *all* are wholesome and delicious!

On January 16 we'll hold our first free "**Kid's Open Day**" and on January 21 we will have our ever-popular "**Third Thursday**" **Coffee Morning**.

It has been a couple of years since we increased our **fitness ticket prices, as of 1/1/10 our fitness tickets**

**will be increased by about 15%** In order to continue to offer you, our valued clients, the best teachers and facility possible, this increase is necessary.

As this year ends the World Beat Team, wish to thank you all for your support.

**Our Think Pink fund drive was a success again this year, earning over BD 5600!**

We are honored to host you in your fitness pursuits and we will continue to strive towards excellence and trust that you will give us your feedback in terms of class value and your satisfaction with our services.

From all of us at World Beat, we wish you a New Year filled with wellness and peace.

Warmly,

**Jane Goodwin**

World Beat Fitness Center and Café



Join our online community and become a fan of World Beat Fitness Center and Café on Facebook to:

- **Connect and share with fellow members**
- **Get the latest on upcoming events**
- **Receive fitness tips and educational articles**

Visit [www.facebook.com/World-Beat-Fitness-Center-and-Café](http://www.facebook.com/World-Beat-Fitness-Center-and-Café) and select "Become a Fan!"

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### COFFEE MORNING- SAVE THE DATE

Thursday, 21 January –  
Spend the morning  
with Bushra Winter  
(Beyond New Years  
Resolutions– Come  
create your **INSPIRED**  
new years plan!)



Please log onto  
[www.worldbeatfitness.com](http://www.worldbeatfitness.com)  
for our updated schedule

Result  
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## Café & Art Gallery Feature:

World Beat Café proudly introduces the art of our newly featured artist, Karima Sharabi as of January. Karima explains "I... have always been fascinated by the portrait-work of artists like Van Gogh and Gauguin who employ seemingly unnatural colors to mold the faces of their subjects... And really like the bright, lively colors as well as the socio-political subject matter of Pop Artists like Andy Warhol and Robert Rauschenberg. Their "glorification of the mundane" gave me the impetus to elevate the everyday ordinary acts of eating and drinking. I think you will find in some cases this changes the significance of the subject or object and the painting takes on a new and more representational meaning." Please stop by and have a cuppa and a look at her lively and engaging body of work now housed at the Café.



## Current schedule and booking

Please check our current schedule online. We have added some new children's classes which will be previewed at the Open Day, Saturday 16 Jan 2010. Hope to see you there!

Some of you have a friend or loved one recovering from cancer diagnosis & treatment. Please be aware that Jane is still conducting the **free class** on Wednesday evenings at 6PM, called **Nia Healing Movement & Meditation**. Call Jane at 39607262 for more info or check the website.

With the view to encourage a more consistent class size we are using the "**booking system**" for all **evening classes**. Please call 17612576 or text 36694696 at least 2 hours prior to class to optimize the energy of our teachers and space.

## Private fitness program

We now offer a wide range of private fitness lessons with our qualified and certified instructors for Nia, Yoga, Hot Yoga, & Belly Dancing. All classes are tailored with your needs in mind, so you are sure to get a great experience with every class. Helping with building

confidence, we will constantly motivate you to get into your optimum shape. We will work out a time that suits you, provide you with a structured routine to follow and constantly provide support and motivation when required.

Here are some details of the services we provide:

One on one– BD25  
2 person– BD12.5 each  
3 person– BD8.5 each  
4+ person– BD6 each  
Sign up for private lessons, semi-private lessons (2-3 people), or group lessons (4+).



# Kids Open Day

Saturday, 16th January 2010 from 9am to 1pm

Introducing for the first time at  
World Beat Fitness Center and Café

We warmly welcome all our members with family and friends to join us on our very first Kids Open Day. Bring your children to experience our different class offerings.

Free admission to all classes



## Our class schedule\* for the day will be as follows:

09:00 am: Creative Dance (Mum and baby 1.5-3.5 years)\*\*

09:30 am: Yoga (2-3.5 years)

10:00 am: Ballet (Mum and child 3.5-4.5 years)\*\*

10:30 am: Belly Dancing (Mum and child 5 years & above)

11:00-11:45 am: Ballet (4-9 years)\*\*

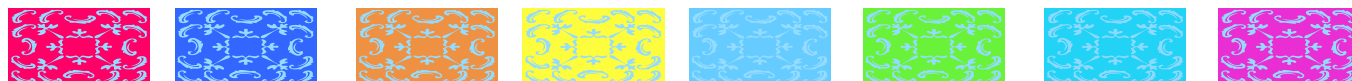
12:00 pm: Modern Dance (Teens)

12:30 pm: Jazz Dance (Teens)\* / Kids Salsa :7 years & above



\* May be subject to change

\*\* Discussion on class content, expectations and dress code to follow after the session



Refreshments will be available at our new World Beat Café

Please contact us on

17 612 576 for registration or further information. Or log on to our website at

[www.worldbeatfitness.com](http://www.worldbeatfitness.com)

