

PRESS RELEASE – 9 June 2011

Fundraiser brings Bollywood 'dancercise' to Bottisham

AN opportunity to try out some of the Bollywood-style dance steps featured on the hit film *Slumdog Millionaire* is on offer at Bottisham Sports centre next Friday – and its all for charity.

The 'come and try' session on Friday evening is being organised by instructors from **Halo Health & Fitness** and will give participants a trial session of the new Indian-style dancercise phenomenon **Just Jhoom** together with an introduction to pilates class.

Halo's *Just Jhoom* instructor Hayley Crawford and pilates expert Faith Cobbum are giving their time and expertise free of charge – but are asking participants to make a donation to local mental health charity **Cam-mind** at the event.

As one of the runners in Cam-mind's forthcoming On-Footse Top 100 corporate running event, Hayley has organised the event to raise funds toward the charity's ground-breaking *Wellbeing in the Workplace* project which aims to raise awareness of mental health problems at work – and to help local employers tackle the issues of stress, depression and anxiety within their staff teams.

Just Jhoom is inspired by the glitz and glamour of India's renowned film industry - and tipped to be the next big thing in the dance-and-have-fun keep fit genre.

"*Just Jhoom* is a new, Indian-style cardio-exercise concept which can be adapted for participants of any fitness level," says Hayley. "The emphasis is on the dance and having fun – and it is fantastic for general wellbeing as well as physical fitness."

The event, which will take place in the Bottisham Sports Centre gymnasium. The pilates session will run from 6.30pm – 7.15pm , followed by the *Just Jhoom* from 7.15pm to 8pm. For further information and to book a place, please contact Hayley Crawford on 01638 721522 or 07526 692655 - or just turn up on the evening (space allowing). For more about the On-Footse Top 100 corporate running event, see www.footse100.org.

Ends

FOR FURTHER PRESS INFORMATION, PLEASE CONTACT ALY ANDERSON ON 01223 311320 OR WENDY VON NIEBEL ON 01638 661820