



Welcome to Bellyfit® - We're very glad you could join us.

Please read the following important information so you can have the best experience possible.

What is Bellyfit?

Bellyfit is the Fusion Fitness experience exclusively for women. It blends the power and wisdom of ancient cultures, with the research, technology and trends of the modern world. It is designed to connect you to the deep, primal feminine within, while helping you find strength to deal with modern day stress.

Each class is a seamless fusion of movements inspired by the science of Western fitness, the style and beauty of Cultural Dance and the power of spiritual practices & philosophies from the East.

Expect to burn mega calories, relieve stress and get the sweat flowing with fun, easy to learn cardio moves infused with the ancient and beautiful fundamentals of Belly Dance, Bollywood, Bhangra, African Dance and more. Enjoy sculpting, toning and tightening with Pilates inspired core work, a deep yet relaxing Yoga inspired stretch and mindful Mudra Meditation. Be inspired and motivated by high energy electronic beats, fused with culturally rich ethno-organic sounds and melodies, and experience an hour that inspires the body, the mind, the spirit and the heart to reach beyond limitations and into pure transformation.



Who can do Bellyfit?

Bellyfit is exclusively for women. It is for women seeking an exercise experience that will challenge the body, inspire the spirit, calm the mind and open the heart.

It is designed for able-bodied women, generally between the ages of 19 and 65, with some exceptions. It is not for women with serious injuries or chronic conditions of the knee, hip, spine or neck in particular. Bellyfit is not for pregnant women, or women within 3 months post natal. It is not designed for geriatric participants (70+) nor is it designed for pre teens. Bellyfit is not for everyone but it is for many.

When should I do Bellyfit?

Bellyfit can be done as many times a week as possible and will fulfill your daily requirements for 30 minutes of sustained cardio vascular training per day + strength training + flexibility training + relaxation. Depending on when classes are offered and what your body responds best to, you may find that mornings and evenings work best. During your moon (menstruation) time when the flow is quite heavy, we recommend that you take it easy during the cardio aspect, especially during fast movement of the pelvis. Honour this time of the month when the energy is really flowing through the pelvis and listen to what your body needs. If you think you might be pregnant and have had trouble conceiving in the past, you may want to discuss Bellyfit with your health care practitioner if you are trying to conceive.

What do I need to make my Bellyfit experience the best possible?

Shoes please – Bellyfit is designed to be a ‘shoes on’ experience for the first half and ‘shoes off’ for the second half. You will find that your joints have more support, your ankles have more support and your feet can pivot freely.

Clothes – Whatever you wear to any other fitness or dance class will be fine. Natural breathable fabrics are best. And support for the chest is always great especially if you like to add a bounce to your step.

Water – You will most likely sweat during your Bellyfit class. Please stay hydrated and drink when you need to. You will be able to concentrate better and your cells will have the fuel they need to do the jobs they need to do.

Yoga Mat – Many facilities have mats available, but if you have your own please bring it if you can. It is always nice to have your own mat.



Where is Bellyfit offered?

With almost 100 authorized Bellyfit Instructors nationwide (and growing all the time), classes are now being offered in Fitness Clubs, Rec Centres, Dance Studios etc. all across Canada. Wherever you attend classes, we trust that you will feel welcome and inspired, and over time become a part of the growing Bellyfit communities in cities and towns everywhere.

Why should I practice Bellyfit regularly?

As with any practice, your own personal Bellyfit experience will continue to evolve and offer continued beneficial results. As you learn the physical moves and grooves, you will begin to dive deeper into the energetic body where true lasting transformation happens. Whether you are looking to lose weight, tone your core, improve your cardiovascular endurance and flexibility or experience spiritual enlightenment, Bellyfit will continue to deliver results and motivate you to be the best, most balanced woman you can be.

To learn more about the world’s fastest growing fusion fitness system for women – visit us @ www.bellyfit.ca

Have a great class and we’ll see you soon!

