

Press Release
Media Contact:
Derek Mackey
707-738-9600

BALOCITY™: A Dancer's Fitness Secret Revealed

Napa, CA– Balocity, where **Ballet** meets **Velocity**, is a true first of its kind in dance fitness. While performing as a **New York City Ballet** solo and corps dancer, Deanna McBrearty developed Balocity as a personal fitness program to stay in shape in the off-season. Her secret personal workout soon developed into a popular, practical and inspirational exercise regimen that she began teaching at the Trump buildings in New York City. The demand was so great that she created Balocity, the DVD, so that people could work out with her in their own living rooms.

No dance experience required! “It’s cardio with a classic twist,” says Deanna. “I created Balocity so that people of all fitness levels, with or without dance experience, can benefit from my program.” Balocity energizes through ballet inspired dance movements, focusing on shaping the thighs, abdominals and arms while enhancing grace and control with posture strengthening exercises.

Deanna is joined in her workout by two graceful dancers and lifelong friends, Leah and Megan Watson, formerly of the San Francisco Ballet. They demonstrate the exercises with Deanna at high and low impact levels.

DVD menu options include a musical soundtrack featuring **Moby** and **Eurythmics** as well as original music from emerging artists, personal photos, behind-the-scenes footage, an up close and personal interview with Deanna, and great fitness tips.

The Balocity DVD will be available for sale September 1st 2007 and can be purchased at www.balocity.com as well as other video retailers. **SRP \$29.95.**

Balocity, creator of groundbreaking fitness solutions through dance, was founded in 2006 by Balocity LLC of California. The company’s mission is to celebrate the enhancement of life, health and well-being through dance. To learn more about Balocity, please visit us at www.balocity.com or call us at 707-738-9600.