



Deanna
McBrearty

CHRISTOPHER EWVERS

MICHAEL HIGGINS PHOTOGRAPHY

Check
out:

DS' Fitness column next month for the first of two excerpts from Deanna McBrearty's new workout video, *Balocity!*

In January 2001, Deanna McBrearty dished to *DS* about life in the corps at New York City Ballet. This month, she's celebrating the release of her fitness video, *Balocity*. So how did she make the career leap?

After leaving NYCB in early 2004, Deanna got certified as a personal trainer, but kept performing as a freelancer. "I was ready to give up the 13-hour days, and I was excited to transition," she explains, "but when your full focus and dedication has been on ballet, it's hard to stop cold turkey." Among other gigs, she spent three months dancing with a multidisciplinary freelance group in Japan.

Her next stop was California, where she taught ballet classes and led the New York City Ballet Workout in dance studios and gyms around the San Francisco Bay Area. She also began to experiment with merging ballet moves and traditional fitness exercises to create a new workout regimen for her clients. By the time she moved back to NYC, the seeds for *Balocity* had been planted.

"I realized that I'd found another passion in fitness training," she says. Her experience with the video market—Deanna has choreographed two Barbie dance videos for Mattel—convinced her that a DVD of her technique was the next step. And now that the first video is on the shelves, she hopes more will follow. "I'd love to focus on specific areas of the body, and also put out a video for children," she says. "I'd love to be a spokeswoman for fitness." For more: balocity.com —Kathryn Holmes