



Dorian Yates and Althea Shah

Ishita Arun

Fit hai, toh hit hai!

Now now John, don't get upset when you see the picture below. Girlfriend **Bipasha Basu** didn't catch up with ex-flame **Dino Morea** for a cuppa coffee. It's just that these two were spotted bonding over their passion — fitness. Yes, Dino and Bips spent some time at a suburban gym chatting with **Dorian Yates**, a world renowned name in body building. And more than talking with the Bong beauty, Dino was more interested in noting down fitness tips and workout techniques from the body builder. Dorian gladly showed all how its done. Dino said, "It's great to meet a fitness icon like Dorian." Host **Althea Shah** also said that it's a once in a lifetime opportunity to meet somebody like Dorian.

Dorian also spent some time doling out fitness tips to other members as well and even awarded fitness certificates to winners of a fitness challenge held last week at the gym. None other than **Ila Arun** was the winner of the one of the fitness challenges.

Ishita Arun was present to cheer her mother. Quite a 'fitting' way to conclude the do right?



Dino Morea and Bipasha Basu