

Publication: - HT Cafe

GOLD'S GYM

Date: - 25th March 2009

WHAT: Promotional meet **WHERE:** Bandra

Training day



MUSCLE MAN:
Dorian Yates

CHAINED HIT:
Bipasha Basu

Golds Gym hosted the visit of six-times winner of the Mr Olympia title **Dorian Yates**. He interacted with gym members and gave them lessons in fitness and body building. He also distributed fitness certificates to winners of a fitness challenge contest. **Ila Arun** was declared winner of the Fifty Years fitness challenge. **Dino Morea** and **Bipasha Basu** exchanged workout tips with Yates.



ARM TWIST:
Dino Morea



HIP:
Ishita Arun