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ARTINSPIRED, LLC

PRESS RELEASE

ArtInspired brings Zumba® and Ballroom Dancing to Grafton
New classes scheduled in September at Tidewater Hot Yoga Center.

Yorktown, August 30, 2010: ArtInspired, LLC today announced starting September 13, 2010, experienced teacher Marilen Sarian, will bring her popular instruction of Zumba Fitness® and Ballroom Dancing to the Tidewater Hot Yoga Center of Grafton, VA located in the Washington Square shopping center off Route 17.

Sarian is the owner of ArtInspired which provides creative services to Hampton Roads including, but not limited to: dance instruction, photography and marketing. "I like thinking and being outside the box," Sarian explains. "It brings me great satisfaction when I can open up different possibilities to other people I encounter... the dancing provides another tool for that."

One glance at the ArtInspired website (<http://www.ARTINSPIRED.com>) encapsulates that statement. There are menus for information regarding other activities, products, interesting articles and background information on this diverse company.

"Promoting health and a vibrant lifestyle is another step we take," Sarian noted. Ballroom Dance strengthens the core muscles and Zumba Fitness® provides the cardio and intensity. "The combination really gives people a sense of well-roundedness and fun!"

The new classes also mark a new partnership with Joni Humphreys, owner of Tidewater Hot Yoga Center whose goal is to provide a center in Yorktown that is comfortable, peaceful and beautiful.

Registration will be taken through the ArtInspired website and MOJO Dance Passes™ offer the best deal and is valid for ArtInspired classes at Tidewater Hot Yoga Center and multiple locations throughout the Peninsula.

*Zumba®, Zumba Fitness® and the Zumba Fitness logos are registered trademarks of Zumba Fitness, LLC.

** **Tidewater Hot Yoga Center** - 121 H Grafton Station Lane Yorktown, Virginia 23692

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