

# Boogie Box Regimen Is Rapidly Sweeping the Nation & Globe

by Catherine Miale, Contributing Editor

If you watched the ABC primetime TV show "Shark Tank" this past Tuesday, you probably recognize the woman in the center of the photo on the right and on the front cover of this issue.

She is Dede Barbanti, Chief Executive Officer and Creator of Boogie Box Fitness, a new high intensity work out that is sweeping Southern California and is quickly expanding throughout the U.S. and the world.

What you may not have learned is that Dede is a resident of Ladera Ranch.

Before launching Boogie Box in November of 2008, Dede had extensive experience in the professional world, as well as the dance and entertainment industries.

She began her dance career at a very young age studying hip hop and jazz and went on to compete in American Rhythm and International Latin Dance with some of the top coaches in the Dance Sport Industry.

Dede formed her own dance company, Yemaya, an all female dance troupe, which had tremendous success performing at the Pro Bowl, for Carlos Santana, the Magic Johnson Benefit, Women in Cable awards.

The group also performed for Estilo Magazine, Hot Tamales live shows, various shows around Los Angeles, and a had whirlwind tour in Europe.

Dede worked successfully as a choreographer and dance instructor for more than 15 years.

"I was a professional dancer for over 15 years, she told the *Ladera Times*.

"But after the birth of my third child in January, 2008, my weight sky rocketed to over 200 pounds."

She said she was morti-

fied. She no longer recognized herself in the mirror.

Dede focused her free time on training to compete in martial arts tournaments but, having three children in five years, she never made it into the ring.

She tried working out at least three times a week but the weight didn't come off.

After separating from her husband and returning to work, Dede said, "It was a horrible time in my life. I was lonely, overweight, and gone from my kids all of the time.

"Somewhere I lost myself; this wasn't my life, this isn't what I wanted for myself or for my children. I had to change things!"

That is when Dede decided to take her experience in dance and martial arts and come up with a new fitness format that would work for her and for others in her situation.

She went back to the dance studio to create "Boogie Box," the innovative new workout that fuses Hip Hop and Latin Dance with plyometric movements, military drills and kick boxing, "under the guise of groove."

It's all choreographed



to today's hottest dance music in a way that it can be picked up by anyone and highly effective for all fitness levels.

"By using applied muscle resistance and exaggerated, overemphasized dance movements that don't keep you confined in a repetitive lateral workout, you are able to continually push your body further and avoid those dreaded plateaus."

The workout has been tested at USC and proven to burn over 1100 calories in a one hour workout providing twice the results in half the time.

Dede has since lost over 65 pounds and has encouraged and motivated many more through her Boogie Box test group, classes and workshops.

Since its launch in 2008, Boogie Box Fitness has certified over 30 instructors and classes are now being held throughout Orange County, Los Angeles, San Diego, the Inland Empire, NYC, New Jersey, Canada and England. And more instructors are being certified each month.

Boogie Box Fitness was recently featured on the

**Boogie Team** – Ladera Ranch's Dede Barbanti (center above and on the cover), creator and CEO of Boogie Box, poses with team members, from left: Brandi McMillan, of Ladera Ranch; Kathy Lamm, of Irvine, COO; Dede; Paco Evangelista, of Fountain Valley, Assistant Creative Director, and Chloe DiLuccia, of Laguna Niguel, Boogie Box Kids Director. On the cover are, from left, Kathy Lamm; Paco Evangelista; Dede Barbanti; and Instructors Tammi Bohuflavizki and Robin Strickler.

KTLA TV morning news in addition to Dede's appearance on the ABC primetime series, Shark Tank on September 29.

The company recently held its annual Boogie Box House Party at Mission Viejo Dance and Performing Arts Center (MVD PAC) in Laguna Niguel where Dede moved her regular classes after quickly out growing the smaller dance studios in Ladera Ranch.

MVD PAC is the home to Dede's Boogie Box classes on Mondays and Wednesdays at 7:30 pm, Tuesdays and Thursdays at 9:00 am and Saturdays at 8:15 am. The newly released BBX Kids classes for children ages 5-14 are also held at MVD PAC. Schedules for classes are available at <http://boogieboxfitness.com/classes>.