



CHECK IT OUT

THE RIGHT FIT

It is once again that time of year when we look back at our gains and losses, our little wins and those embarrassing failures. It is, once again, the time when we determine resolutions for the upcoming year. And one of the most common promises made is about losing weight, getting healthy or something in line of leading a good lifestyle.

Easier said than done, right? Well, this year, make it happen! To achieve this, you will need to start working out, and of course give up on gluttony too! Join a gym to help you attain the fitness you desire.

Hammer Strength Fitness Club is a place worth trying out. Conveniently located in Banani 11, the gymnasium opened its doors in April of 2012.

Abul Fatah Saad, its owner - who has been a gym-goer himself for many years now - got inspired as a business student to start the project when he undertook a course named Services Marketing at his

university.

"The subject made me passionate about concepts like superior service and maintaining good customer relationships," he said. "And I wanted to do something where I could execute the things that I learned in the classroom."

And he realised his dream. Today, it is a state of the art 9000 square feet facility housed in 2 floors. The fitness centre boasts a wide array of machines. Apart from the common ones, the company also bought a number of equipments that are relatively scarce in our city. From rowing machine to linear leg press to lateral raise, the variety should be enough to suffice your different needs.

The fitness club also offers a plethora of supplements - protein shakes, fat burners, pre-workouts et al. They are mainly imported from the US. The fitness club also has a stream room.

Hammer Strength has six trainers, and

among them, two are former Mr. Bangladesh (winners of a bodybuilding competition organised by Bangladesh Bodybuilding Foundation). "Trainers are briefed every two weeks," Saad informs. "Currently, the gym has members of as many as 25 nationalities, and the crowd we get has many influential businessmen and corporate high-ups. We therefore ensure a zero tolerance on negligence and bad behaviour around here."

One problem of many people who sign up in any gym is that they give up and don't continue after a few weeks or so. But Team Hammer Strength strives to ensure that you stay on track and have your goals met.

"When you go abroad for a trip, we will prescribe you a workout plan. If you are not coming to the gym for some time, we will call you up to find out what's wrong," Saad says.

So much so, Hammer Strength also runs a competition, among the gym members,

which gives them the extra push to succeed. "Hammer Strength Fitness Awards 2015 was the first one held," Saad informed. "It rewarded people in different categories, like 'Consistently Fit' and 'Best Power Lifter'."

Hammer Strength Fitness Club is therefore not just a gym with the products in place - it combines them with superior service to create an environment that encourages you that meet your fitness goal.

The gym is running a promotional offer, which you can avail if you enrol within this year. So hurry and sign up for discounts and other offers!

Business hours: 7am-10pm, 7 days a week. Contact number: 01916663726. Facebook page: Hammer Strength Fitness Club. Address: House 67/D, Road # 11, Block E, Banani, Dhaka.

By M H Haider

Photo: Hammer Strength Fitness Club



THANK GOD IT'S FRIDAY
BY TANZIRAL DILSHAD
DITAN

NEW YORK CABARET BY LAILA PLAMONDON

Date: Tuesday, 22 December
Time: 7pm

Laila Plamondon graduated from Smith College with a specialisation in vocal music and has been, since then, cultivating her artistic career both in the US and in Bangladesh. She has performed in the past with artists such as Arnob, Habib and Fahmida Nabi. For the last few years she has been based in New York City and has been singing to great acclaim at cabaret venues in the Tri-State Area.

Red shift is pleased to host an evening with Laila performing jazz and pop classics, holiday tunes and recent hits by artists such as Adele, Sam Smith and others. This con-

cert by the glamorous and talented Laila Plamondon will be the perfect way to set off the end of the year celebrations!

Tickets: Tk 600 available at Red Shift/Radius or online Tk 660 at www.imdhaka.com

GERMAN MOVIE NIGHT

Date: 27 December
Time: 6pm

Venue: Goethe-Institut, Dhaka
Every last Sunday of the month Goethe-Institut shows independent, experimental films, as well as documentaries, with English subtitles, from Germany that are beyond the mainstream.

Finsterworld is a film directed by Frauke Finsterwalder (2013, 91 min). It depicts a journey through a surreal Germany: A police officer in a bear costume; a female documentary filmmaker unable to find an interesting story; a pedicurist who carefully sets aside the hard skin removed from the feet of his aged female patient; a rich couple that refuses to sit in a German-built car; a history student uninterested in a class visit

to a concentration camp; a wild man training a raven in the woods.

DHAKA COMICON AND STAR CINEPLEX PRESENTS THE STAR WARS EXHIBITION

Date: 22 - 25 December
Time: 10am- 8pm
Venue: Star Ice Rink, Level 8, Bashundhara City Mall

A long time ago in a galaxy far, far away, Anakin Skywalker fulfilled the prophecy of bringing balance to the force. In celebration of Star Wars: The Force Awakens releasing at Star Cineplex, Dhaka Comicon in collaboration with Star Cineplex will be celebrating the return of the saga to the silver screen.

To give you the complete Star Wars experience, Dhaka Comicon and Star Cineplex will be: Exhibiting Star Wars Collectibles dating to the '70s at the giant Star Ice Rink, giving away free passes to three lucky winner's everyday leading to the premiere! The lucky attendees at the

exhibition will have the chance to win passes to the premiere.

Tickets, priced at Tk 100, for the Star Wars Exhibition are now available at the Star Cineplex counter.

Microtears, solo exhibition

Date: Until Saturday, 9 January 2016
Time: 11am to 6pm

Venue: Daily Star-Bengal Arts Precinct

In a striking statement from an artist who was once chiefly recognised for her brightly-hued paintings, Dilara Begum Jolly constructs a monochromatic universe, made up of audio-visual installations, photographic drawings and video, to which the visitors are invited to share the artist's own, complex, emotional responses to vulnerability. While still a student, Jolly first began to express her strong awareness of the many imbalances and vagaries of society. This continually expanding and developing awareness remains a primary element of Jolly's work, which she now creates with a variety of different media.