

➔ Sports & Fitness

MVP

Ace on the Green

Bobby Miller takes Beijing's golfers to the next level with individual **golf instruction**

How did you get started in golf? I have five brothers and my dad played golf, so it was one way to get time alone with dad. **Why would someone need a golf instructor?**

Golf is a game where you're never perfect. You are never going to reach the point of perfection where there isn't room for improvement. What's addictive and fun is that you know you can do better tomorrow, no matter how well you did

today. **Describe your instructional style.** What I try to do is give people clear feelings that they can manage on their own so they can self help and self correct. To me that's the only way

Everyone has a good swing inside of them

that instruction is valuable. **Any tips for desperate duffers?** If you are stuck at a certain level

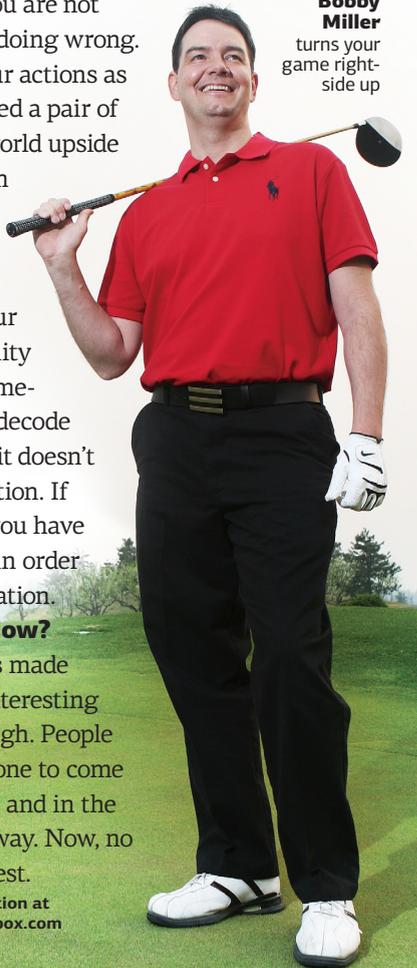
its probably because you are not aware of what you are doing wrong. Your brain encodes your actions as right. Scientists invented a pair of glasses that turn the world upside down. If you wear them for three days your brain changes and adjusts so the world is right side up again. Your brain adapts to the reality you present it with. Sometimes your brain can't decode the messages because it doesn't have the right information. If you are stuck in a rut you have to have help decoding in order to get the right information.

What pro do you follow?

Tiger Woods' problems made watching golf not as interesting as when he was on a high. People were waiting for someone to come and compete with him, and in the end he got in his own way. Now, no one knows who's the best.

Bobby Miller personal instruction at Tianzhu Golf Club, bobby@mlbox.com Tel: 139-1011-5667

Bobby Miller turns your game right-side up



Biking

EVERY SUNDAY

The Peloton Cycling Club

The largest pan-Asian expat road bike cycling group in Beijing, the Peloton rides in the mountains around the capital every Sunday, all year long. There are three groups for different levels and speeds. Meeting time is 9am at the TREK store by Chaoyang Park.

Chaoyang Park tom.lanhove@gmail.com
www.mongoliaprocycling.com

Dance

EVERY FRIDAY

Beginning Bachata and Salsa Classes

Every Friday night, learn the beginning steps of bachata and salsa dancing. Mention you saw the event on City Weekend and your first class is free. All classes are taught in both English and Chinese, by world-class international dancers. No partner required. 8pm

Phoenix Dance Company 139-1097-5179
mambojack3@gmail.com
www.phoenix-dance.com

EVERY SUNDAY

Free Swing Class & Dance Party

Sunday evenings at 7:30pm, Beijing Ballroom instructors Young and Bobo teach a free swing class, which includes instruction in the classic Lindy hop, along with some East Coast swing and Charleston steps. After the class there is also a social dance party where you can practice what you've just learned.

Latinize Club 5900-2589

ONGOING

Nia Class

Nia is a way to healing, health and fitness that combines yoga, modern and jazz dance, tai chi, taekwondo, aikido and Alexander Technique. Try it with white belt Nia instructor Debbie van Ginkel. Check online for full schedule and locations. ¥100, or ¥500 for six sessions. 10:30am

East Lake Club and East Gate Plaza Fitness Center 135-2299-3724
debbievanginkel@yahoo.com, www.niachina.com

★ Flamenco Dance and Guitar Lessons

Beginners learn sevillanas, tangos and alegrias, while intermediate dancers learn tientos, seguiriyas, gujiras and zapateados. Classes for both levels cost ¥600 a month, with one class a week. Compas training is ¥400 a month.

Casa Flamenco 139-1091-4251
flamencobeijing@gmail.com

Martial Arts

ONGOING

Krav Maga Classes

Krav maga is the official hand-to-hand combat system of the Israeli Defense Forces and is accessible to people of any shape or size. Classes will teach you how to defend yourself while improving fitness. Classes are Mondays and Wednesdays at 7:30pm, Tuesdays and Thursdays at 7pm, and Saturday at 11am.

Krav Maga Beijing 187-1019-0150
info@kravmagabeijing.com
www.kravmagabeijing.com

Football

EVERY SATURDAY

★ American Football

Join the Beijing Guardians for a two-hour, full-contact American football practice that includes warm ups, skill drills, tackling training and more. Beginners and experienced players are both welcome. Check online for full schedule. Free. 5pm

Chaoyang Sports Center 139-1122-8593
nathan@beijingguardians.com
www.55league.com

Fencing

EVERY MONDAY-WEDNESDAY

Fencing Lessons

En garde! O'le takes a stab at fencing lessons, offering classes the first three days of the week from 5-8pm. A traditional sports training venue, this foray into foils offers a new take on self defense and sport in Beijing.

O'le Sports Center 139-0101-5919
xiangling_wang@163.com

Watch

THROUGH THU, JUNE 9

★ Free Stella at Vancouver Canucks Playoff

Grinders is showing all the Vancouver Canucks playoff games, right up to the Stanley Cup final, and the bar will give out a free Stella draft beer with every single Vancouver Canucks goal. Grinders will be open for all of the later games, but at least 10 people must reserve for the bar to open for the 7am games, so call ahead.

Grinders 137-1777-9075
grindersbeijing@gmail.com

Swimming

THROUGH THU, JUNE 30

Swimming Course

Get in shape this summer and take



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www.cityweekend.com.cn