

Hi everyone,

WSFFM is indeed moving forward with our scheduled programs.

Let us start off with the announcement for our upcoming competition, Fitness Drummin' Championship, to be held on the 19th November 2022 at Subang Parade. Much preparation is on the way. One free workshop was held on the 17th September for participants of the Fitness Drummin' Championship. So far we have 15 teams taking part. The next workshop is scheduled for 16th October 2022 (Sunday).



WSFFM continues to support Shah Alam's Car Free Sunday 2022:

- 11th July - SAB20/30 and Stick2stix led by Adilla and Datin Ros.
- 14th August - SAB20/30 led by Tuan Zainal Alam and Puan Azimah
- 11th September - SAB20/30 and Fitness Drummin' - Tuan Zainal Alam and Adilla
- 9th October - Fitness Drummin'
- 13th November - Stick2stix and SAB20/30

WSFFM brings Fitness Drummin' to UKM (Universiti Kebangsaan Malaysia) in Bangi and Seri Cempaka School in Cheras. Fitness Drummin' is the creation of our president, YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil. This unique aerobic workout uses the 'kompang' and drumming sticks.

We collaborated with UKM's sports centre to have this workout. This is one way to encourage the staff and students to be active and to keep fit. Adilla was there to lead the exercises. Before the start of the session she introduced Fitness Drummin'; its benefits, why it is different from other workout and demonstrated some key features of Fitness Drummin'.

Seri Cempaka International School, Cheras, has always supported our events, thanks to their founder and mentor, Dato' Freida Pilus. On 23rd August 2022 the students and staff joined the Fitness Drummin' from 9am - 11.30am at the South Hall of the school.

Puan Sri Sharifah Sabrina hosted a silver party for her friends on 9th September 2022. It was indeed a shimmering and glittering event. Of late Puan Sri Sabrina added 2 more accolades to her name, the Bizz Americas Award from Toronto and Certificate of excellence for her undying contribution and promotion of the environment and women empowerment from London.

Keep exercising for better health and better fitness. Stay safe.

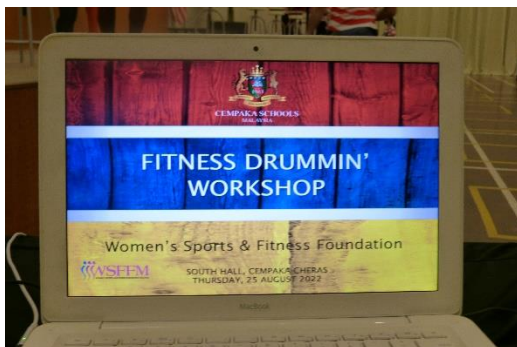
Kee Poh Siew
Editor

Events in July, August and September 2022



FITNESS DRUMMIN'
organized by sports club of UKM (Universiti
Kebangsaan Malaysia) in Bangi.

Adilla led the exercise.
Certificates were awarded to the
participants.



Fitness Drummin' at Seri Cempaka
International School, Cheras - 23rd August
2022 from 9am - 11.30am. This unique
aerobic workout uses the 'kompang' and
drumming sticks. The very talented Adilla
and Nana led the audience.
Dato' Freida Mohd Pilus, founder and mentor
of Seri Cempaka International School
together with 84 students and staff joined
the morning exercise.





Fitness Drummin' Championship workshop held on the 17th September 2022 at Tanah Aina Studio, Shah Alam. This workshop is free for those participating in our Fitness Drummin' Championship competition on 19th November 2022.

Facilitators for this event were Adilla and Yazid. They reiterated on code of points for this competition.

The next free workshop will be held on 16th October 2022.

**Fitness Drummin' Championship
19th November 2022 (Saturday)
Subang Parade
9am – 5pm**

For the Code of Point please visit our FB or website

For further info, please contact:

- 1) Yati - 016 6084510**
- 2) Adilla - 019 2016838**
- 3) Yazid - 019 254217**



First ever Seniors Festival held at Atria Shopping Mall. It is a 3 - day event from 30th September – 2nd October 2022. WSFFM was invited to perform Fitness Drummin' at 3.30pm on the first day . There was a junior drumming team as well as a senior drumming group who took part. Team leader was the very multi-talented Adilla. She ended with the audience participating in her easy steps dancing, a little exercise for all.



Puan Sri Sharifah Sabrina hosted a silver party for her friends on 9th September 2022. The theme for the night was 'Silver Ladies', everyone came in a silver attire. Each guest had to bring a plant as gifts.



YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Dr. Shariffa Sabrina bt Syed Akil accolades for 2022. She was in Toronto and London to collect the awards

