



BALLE-BALLE AND GET INTO SHAPE

Now *dhole* is what you need to get into shape. So balle-balle to get in tune with the fittest of the society. Dance the fat out.

Bhangra Aerobics? Sounds just as bizarre as *Urban Pind* perhaps. Well, *Bhangra* Aerobics is the latest tune that Delhi is dancing to. Also known as *masala* dance, it is an unusual combination of Punjabi folk dance and aerobic exercise. Quite a rage in the US, it is Delhi's latest import. Kiran Sawhney's Fitnesolution in GK-II is probably the only health club in India that specialises in this new-fangled fitness fad. "Normal exercises are passé. You combine them with a dance form and people love it," Sawhney says.

According to her, the concept of *bhangra* Aerobics was started in New York by a lady called Sarina Jain, who runs a *bhangra* club there. Sawhney learnt the art from her and introduced it at her fitness centre in January this year. Prior to that she had organized a *bhangra* and *dandiya* aeribics show at St Thomas school in Delhi and won the first prize for it.

Aerobic moves have hardly changed over the years, making them notoriously boring. But this new fad is vivacious, dynamic and provides a break from routine. All the moves follow the folk dance pattern, but are reconditioned so that they can also provide a healthy cardio-vascular programme, designed to burn as many as 500 calories an hour. The draw of *bhangra* for most fitness fans also seems to be the music, a welcome change from the regular pop numbers belted out by aerobic studios.

Kiran's client Shalini Bahl, loves it because "you can enjoy dancing as well as keep in shape". For 14-year old Ridhima Gulati it is a great way to de-stress after a hard day at school. Besides *bhangra*, Sawhney's students also have the option of training in several other dance forms such as hip hop, Brazilian Carnival, Latino, hula workout, belly dance, club cardio, dancer's sculpt, balletone and city jam.

