

Shake it Bollywood-style like the 'Slumdog Millionaire' stars!

BY ERICA PEARSON

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Zalcman for News

Sarina Jain leads her class in a "Masala Bhangra" workout at Crunch.

Jai ho! A Bollywood-style workout lets New Yorkers shake it like the "Slumdog Millionaire" stars.

With a little more sweat and a lot less glamour, I helped recreate the final scene of the Oscar winning, Bombay rags-to-riches tale at Crunch on 13th St.

We waved our arms in the air, stepping and clapping and then turning to the Bollywood beat in Sarina Jain's Masala Bhangra Workout class.

"Every week, its like a party in here," Jain said. A party that burns 500 calories.

Oscar winning workout.: Dancing to 'Jai... 02:06



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Bollywood dance workouts, already popular in the city, are getting a boost from "Slumdog's" success. Jain said her class sizes doubled as the movie took off.

"This is what we grew up on. It totally works the whole body," said Jain, who explained that in Hindi, masala means spicy, and bhangra is a traditional dance.

I tried to keep up as the packed class hopped forward, leaned to the right, to the left, turning and clapping to the moves "Slumdog" beauty Freida Pinto did so well.

"It's great," said Rebecca Packer, 56, an NYU literature professor who has been coming to Jain's class for about a month and loves moving like a movie star. "One can have fantasies and delusions of grandeur."

"The music of 'Slumdog' lifts you up," Packer said. "It makes you just want to move."

Her long black hair swinging, Jain led the group forward, getting us to roll our shoulders in unison. "Pretend we're at a wedding!" she shouted.

"I sweat more doing this than running on the treadmill," said Liesl Eigenberger, 24. "I love the music. I'm not really that coordinated, but after three classes I was getting to know the moves."

"I love Indian music and I love Bollywood," said Amy Hundley, 35. "[Jain] is a very intense teacher. My week isn't really complete without it."

Hundley has been taking Jain's class at Crunch for three years and watched its popularity grow.

Originally from Jaipur, Jain moved to New York in 2000, teaches classes at gyms throughout the city — including Crunch and New York Sports Club — and has a series of Bollywood workout DVDs. She says she's happy to be called the Jane Fonda of India.

And she's proud of "Slumdog Millionaire."

"It was very emotional, I am going to start crying talking about it!" she said of the film's eight Oscar wins. "I'm just really excited for the country. Finally Bollywood is being recognized."

Her students agree.

"I loved it. I got pretty pumped at the end when they were dancing," Eigenberger said.

She added that when she watched the movie with her boyfriend, she nudged him as Pinto and Dev Patel danced to "Jai Ho" on the train platform.

"This is what I do on Monday nights!" she told him.

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