

# NOW

Same old  
same old  
Muscle Shapers  
workout class.

## New 'Slumdog' workout makes you feel like a million bucks

Just a move

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a "Slumdog" star at

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# BOLLYWOOD SWINGIN'

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 re-create the final scene of the Oscar-winning, Mumbai rags-to-riches tale at Crunch on 13th St.

We moved our arms in the air, stepping and clapping and relating to the Bollywood beat in Sonja Jain's Muscle Shapers Workout class.

"Every week, it's like a party in here," Jain said. A party that burns 300-calories.

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, *musals* means play, and *bhanga* is a traditional dance.

I tried to keep up as the packed class stepped forward, leaned to the right, to the left, turning and clapping to the music "Slumdog" beauty Priyanka Pateo did so well.

"It's great," said Rebecca Fracker, 58, 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 fun and aches and pains of grad school."

"The music of 'Slumdog' lifts you up," Fracker 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. "Preload we're at a wedding!" she shouted.

"I want more doing this than running on the treadmill," said Levi Eigenberger, 34. "I

love the music. I'm not really that coordinated, but after these classes I was getting to know the moves."

"I love Indian music and I love Bollywood," said Amy Handley, 33. "[Jain] is a very in-time teacher. My week isn't really complete without it."

Handley 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."

His 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 Pateo and Dev Patel danced to "Jai Ho" on the train platform. "This is what I do on Monday night!" she told him.



Dev Patel & Priyanka Pateo in *Slumdog Millionaire*



Jain and her class strike a crowd-pleasing pose during their workout.