



BOLLYWOOD

Australian dancers flocked to audition for SBS series *Bollywood Star*, captivated by the exotic nature of this dance genre. But even if you have no ambition to star in a Bollywood box office smash, this Indian dance style can be a great way to get fit and have some fun.

At the Indian Dance School in Sydney (indiandance.com.au) children as young as four are attending Bollywood classes to improve rhythm and musicality, bolster fitness and have fun. Classes for adults are also popular, and the school's website maintains that Bollywood classes can be enjoyed by people of all ages and skill levels, insisting that: "You are never too old to dance."

“The big appeal of Bollywood dancing is escapism. It's about storytelling in a land of fantasy and glamour.”

Classes typically start with a warm up, then a few technical dance steps, before participants learn a Bollywood dance routine to a fun and upbeat track in the second half of the class.

The dancing itself is a fusion of familiar styles – jazz, hip hop and belly dancing – but the big appeal of Bollywood dancing is escapism. It's about storytelling in a land of fantasy and glamour, making it the perfect way to switch your mind off after a busy day at work.

JUNGLE BODY

If you want to burn some serious calories, then embrace your inner Tarzan and try Jungle Body – these hard-core classes burn as many as 1,000 calories an hour.

Jungle Body (thejunglebody.com.au)

includes four programs to sculpt the entire body. Konga is a dance class mash-up of boxing, kickboxing, cardio, dancehall, pop, rock, pilates and disco that makes you sweat (and burn 700 calories in an hour) as you shake your hips, punch your arms and shimmy your shoulders.

Vypa is a high-intensity class inspired by cage fighters, professional footballers and boxers and burns between 800 and 1,000 calories. Jaqua is inspired by musical therapy and tones, sculpts and stretches the body to musical favourites (everything from The Beatles to Katy Perry), while Tyga is a hip hop based fitness class.

The Jungle Body was founded by West Australia's Tara Franzinelli, who found that group fitness had become dull and ineffective. She created Jungle Body to make fitness fun and wild for people of all ages and fitness levels. Classes are available in most states.

ZUMBA

This worldwide phenomenon promotes itself with the slogan 'ditch the workout join the party' – and for good reason. It is upbeat, fast-paced and is the workout of choice for celebrities including Jennifer Lopez and Jordin Sparks.

The Latin-inspired cardio class promises to work your core, arms and legs while burning 400 to 500 calories an hour.

Since its inception in 2001, Zumba has grown to become one of the world's largest dance-fitness programs with more than 12 million people of all shapes and sizes taking weekly classes in over 110,000 locations across more than 125 countries.

What you might not know is that the popular dance style came about by accident when, in the 1990s, creator Alberto 'Beto' Perez rushed to an aerobics class he was teaching in his native Colombia but realised he'd forgotten his usual aerobics music. He improvised using salsa tapes in his backpack and when the class was a hit, Zumba was born.

A string of DVDs means Zumba is easy to do in your lounge room. The newest addition to the Zumba franchise is Aqua Zumba, adding a fresh twist to traditional water aerobics.



PHOTOGRAPHY: THINKSTOCK