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## 'Bollywood Workout' for keeping fit

Susan Muthalaly

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  - *Class consists of 60 minutes of non-stop remixes and aerobic dance moves*
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CHENNAI: It's the time to disco in Chennai. The 'Bollywood Workout' has got people across the globe jumping around like Preity Zinta in the "Kal Ho Naa Ho" number to burn calories. And now, you can do the same in this city.

A Bollywood workout is essentially about the music. It is characterised by typical masala film moves - hip swivelling, facial expression and vigorous, high-spirited jumping, popularised by the Bombay film industry. The idea is to incorporate the energetic dance moves of the likes of stars like Ishaa Koppikar to keep fit.

Nidhi Mehta, who recently moved here from California where she took popular classes under the brand name Bolly Beatz, will be teaching the workout at Fitness One from May 15.

"There is a huge demand for the classes judging from the turnout at the demo I did at Fitness One. About 35 people attended," says Nidhi. Her class consists of 60 minutes of non-stop remixes and aerobic dance moves that include hip-hop, salsa and jazz. The workout covers body toning done to slower numbers from Beyonce Knowles and Rishi Rich. "People are happy because you really sweat it out and the dance moves loosen the body," she says. The steps aren't from the movies except one or two that are typical of each song, and people pick up the steps in 2-3 classes.

Aarti Bodani, who takes 'Aero Dance' - exercises set to Hindi songs - caters mainly to 40 plus women. She makes her students learn by heart the steps for one song out of the selection each month. "They are on their toes and their mental power is also put to use," she says. Her ladies have just finished learning some foxy moves to 'Say Na Say Na', a song from Bluffmaster. They tell her that it comes in handy when they go clubbing with friends or want to show off at kitty parties.

Bodani also uses old classics such as 'Chalte Chalte' from Pakeezah.

Her classes are more about the music and aerobic activity. She rarely does any floor exercises but finishes off with some intensive stretching.

Kamlesh Futnani's classes are classic aerobics but they are popular for the music he uses. It's mostly Western pop but he has also been using Hindi numbers for years. His current workout includes a volatile Sukhbir number and 'Koi Kahen' from Dil Chahta Hai. His workout covers the traditional warm-up, stretches, high intensity aerobics, toning and floor exercises and the cool down.

The moves aren't so important and are often repetitive because the concentration is on getting the heart rate up. The music is an extra.

For details call: Nidhi - 24671222; Aarti - 26420431; Kamlesh - 98400 30666.

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