

# Dance Your Way Fit

Cut out the treadmill and mind-numbing reps in front of the mirror. Instead, turn up the music and groove as you shake and stretch yourself into shape with four new classes that will have you feeling—and looking—better than ever

## IF YOU LIKE PILATES, TRY ... BARRES

**WHAT IT IS** Ballet meets Pilates and yoga with small handheld weights and high-energy tunes.

**WHY IT WORKS** The disciplined barre-based moves devised by founder Sadie Lincoln target your upper arms, abs, and seat, as well as your calves.

**WHO WILL LOOOVE IT** Busy professionals who need an efficient workout or crave the super-toned muscles of Madonna, who has tried the class.

**WHERE TO DO IT** Created in Portland, Ore., this exercise routine can be found at studios in California, Missouri, Nevada, New Jersey, Ohio, and Washington, with more planned. Lincoln's signature 28 to Great program pairs online workouts with a nutrition component developed by the Barre3 team. Visit [barre3.com](http://barre3.com) for info or to register for online classes.

**WHAT TO WEAR** Stretchy but close-to-the-body garb—the better to show it off—like Nike Pro Essential 5 red compression shorts (\$25; [nike.com](http://nike.com)) and a G-87 tank (\$42; [nike.com](http://nike.com)) with Dri-Fit fabric that helps pull sweat away from the body.

## IF YOU LIKE CARDIO SCULPT, TRY ... FLYBARRE

**WHAT IT IS** A fast-paced, pop music-fueled sculpting class that merges light interval-based weight training and ballet.

**WHY IT WORKS** The hour-long series of lunges, squats, and stretches lengthens muscles and strengthens your core. You'll get a lifted *derrière*, trimmer thighs, and toned arms too.

**WHO WILL LOOOVE IT** Women who want to develop upper-body and core strength without losing their curves, like celebrity fan Sofia Vergara.

**WHERE TO DO IT** FlyBarre fans flock to locations across the country, from Atlanta to Seattle. Visit [flywheelsports.com](http://flywheelsports.com) for more.

**WHAT TO WEAR** A comfy, chic Capri Cami unitard (\$88; [gaiam.com](http://gaiam.com)) with Gaiam yoga socks (below).



Cotton-nylon socks, Gaiam, \$20; [gaiam.com](http://gaiam.com).



Polyester chiffon scarf with metal coins, Unique Vintage, \$15; [uniquevintage.com](http://uniquevintage.com).

## IF YOU LIKE HIP-HOP, TRY ... MASALA BHANGRA

**WHAT IT IS** Funky, high-energy Indian folk dancing with the glitz of Bollywood.

**WHY IT WORKS** This 45-minute routine engages every muscle while burning 500 to 700 calories. You'll see the biggest changes in your biceps, deltoids, and lats—plus, you'll lose inches from your midsection.

**WHO WILL LOOOVE IT** The free-spirited gym rat who craves a cool new regimen.

**WHERE TO DO IT** Masala Bhangra classes are held in gyms nationwide (Crunch, Club H, and more), and creator Sarina Jain offers instructional DVDs such as *Masala Bhangra Workout: Bollywood Diva Style* (\$23; [masaladance.com](http://masaladance.com)).

**WHAT TO WEAR** Flowy, wide-leg accordion-pleat pants, a bright scarf, and the most vivid tank you can find. (American Apparel sells a variety of affordable options in tons of colors.)

## IF YOU LIKE ZUMBA, TRY ... JUICY ATHLETIC MOVES

**WHAT IT IS** A vigorous, choreographed blend of world music.

**WHY IT WORKS** Each 75-minute session builds endurance, blasts hips, and carves a svelte waistline.

**WHO WILL LOOOVE IT** The fitness fanatic who wants to ramp up her conditioning routine to a Herculean level. Stars like Pink and Minnie Driver used it to reclaim their bodies post-pregnancy.

**WHERE TO DO IT** Malibu-based founder and trainer Neda Soderqvist streams her 60-minute evening classes through the JAM Web site ([juicyathleticmoves.com](http://juicyathleticmoves.com)).

**WHAT TO WEAR** Show up in a Stella McCartney for Adidas studio performance bodysuit (\$90; [adidas.com](http://adidas.com)) and Capezio canvas dance sneakers (\$62; [zappos.com](http://zappos.com)).

"You want an ATHLETIC SHOE that has mobility in each toe, which creates a good foundation for standing postures and allows for a full range of motion."

—SADIE LINCOLN, founder of Barre3

Grosgrain ribbons, neoprene wraps with silicone, and mesh flats with rubber (not shown), available January 1, Nike Studio Wrap Pack, \$110/set; [nike.com](http://nike.com).