

# Goal 3: Pick up a new exercise

This month:  
**Dancing**

It won't come as a surprise to anyone that Beyonce dances to keep fit. When she's preparing to go on tour, it's been reported that

she spends up to nine hours in a row at the dance studio. We've found three classes you should try this month so you can unleash your inner Sasha Fierce as well.

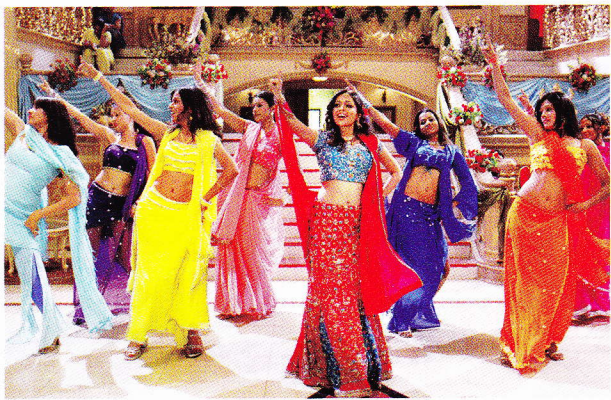
## So, you think you can dance?

The good thing about dancing is that it's cardio at its most fun. An hour of light dancing can burn up to 235 calories while an hour of heart-pumping dancing can burn up to 470 calories. Just look at Kelly Osbourne — she dropped four sizes after training for the US TV show, *Dancing with the Stars*.

### ➔ Salsa

When you first pick up salsa, it can seem like light aerobics but the continual movements mean you constantly burn calories while toning your body, especially your legs. As you advance to quicker salsa movements such as spins, you will be working your body at an even more intense level.

**WHERE TO PICK IT UP:** Attitude Dance Studio. **HOW MUCH IS IT:** \$80 for five lessons. **WHERE TO GET MORE INFORMATION:** <http://www.asiasalsa.com/index.asp>



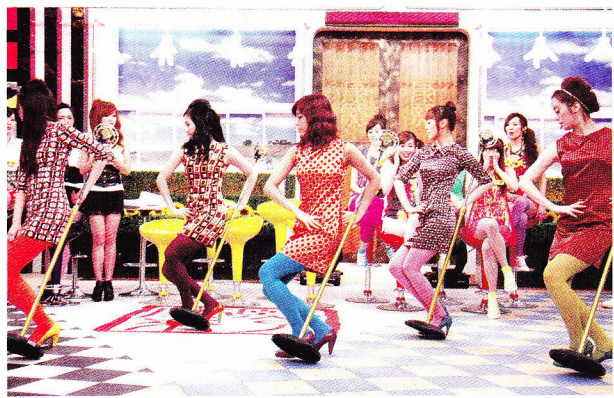
### ↑ Bollywood dance

Now, no jokes about running around coconut trees. This highly choreographed dance requires flexibility, grace and stamina. A light to medium cardio session, Bollywood dancing involves a lot of hip rotation and twisting actions to strengthen your core.

**WHERE TO PICK IT UP:** Bolly Dancing Singapore. **HOW MUCH IS IT:** \$180 for 12 lessons. **WHERE TO GET MORE INFORMATION:** [www.bollydancing.com.sg](http://www.bollydancing.com.sg). Bolly Dancing Singapore is offering CLEO readers a free trial lesson. Call 9062 1412 to register now.



Dancing is a seriously back-breaking exercise!



### ↑ Korean Pop Sa-Rang Hae Exotic Dance

And the Korean invasion continues. This dance class is sensual but unlike overly sexual dances a la the Pussycat Dolls, the moves have a slightly girly touch. "Expect moves like hip rolls and body waves on top of the usual hip-hop moves", Elaine Te, an instructor at Groove Dance School says. The moves themselves aren't tiring but you can still get an intense cardio workout if the song has a fast beat.

**WHERE TO PICK IT UP:** Groove Dance School. **HOW MUCH IS IT:** \$100 for four lessons. **WHERE TO GET MORE INFORMATION:** [www.groove.com.sg](http://www.groove.com.sg)