

# Afternoon

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Plus WOMAN'S  
EXTRA

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### THE QUEEN OF BHANGRA!

'Bhangra' has suddenly become the hottest thing to hit the fitness industry abroad, thanks to Sarina Jain's 'Masala Bhangra' work out! The enterprising fitness guru, who has come up with this unique dance-cum-work-out routine, speaks to GOURI SHAH about her claim to fame...



The setting seems perfect for the impending celebrations. Multi-coloured *shadi*-lights light up the verandha, that faces the evening sky and the sea beyond. The guests shy away from the make-shift dance floor, but not for long... With the *dhol* beats pulsating in the background, a young woman takes the lead and urges others to join her. The crowd moves in sceptically at first, but in fifteen minutes the entire crowd is dancing in a mad frenzy. The shy on-lookers have suddenly turned into an eclectic bunch of *Bhangra* dancers, moving with the rhythm and grace of professional dancers!

Before you dismiss this as yet another group of enthusiastic revellers at a Punjabi wedding, let us tell you that the scenario is not at a wedding. The venue in question is 'Equilibrium-The Spa', at Worli, and the spirited young lass is Sarina Jain, a Marwari-Jain fitness instructor hailing from California and not Punjab as most would like to conclude, after seeing her perform *Bhangra*.

What started out as a hobby for this spunky achiever has become a full-fledged career. The pulse behind the 'Masala Bhangra Workout.tm.' Sarina is not only a fitness guru with more than 11 years of experience under her belt, but also a well-versed businesswoman. Her entrepreneurial skills could be attributed to either her Marwari genes or to her degree in communications, advertising and public relations from the California State University. "As a public relations person I know what good publicity can do for a product. And I would never allow lack of funds to bog me down. Also

Marwari-Jain women are known to be good with business... so there!" she laughs.

As a young teenager, at 15, Sarina was a part of a four-member team called 'Dhamaka,' which bagged numerous awards with its *Bhangra* dance performances. Having come a long way from there, Sarina is now an acknowledged fitness trainer. She has worked with the big names, such as Sports Club, Equinox and Crunch Club among many others, in the New York and Los Angeles fitness industry.

Sarina loves to dance. That is what drives her day in and day out. But what about the feasibility of the work out? "I have worked on two different volumes of the *Masala Bhangra* and the third volume will be out soon. I chose *Bhangra*, as it is perfect for a full-body work out. It is a very high energy dance, which gives a great cardio-vascular work-out. Not to mention that it is very exciting, and is certainly a change from the usual boring work-out. I make people have so much of fun in my class that they rarely realise how much they are working-out!"

And now that Sarina has set her eyes on the Indian fitness industry, she promises that we shall be seeing a lot more of her. "I will be visiting the country on a regular basis to promote my work-outs," she says. Juggling time between her work-outs, the show and her career as a public relations person, this spirited young fitness guru has her future planned out. And as for tomorrow, you will find her at 'Exerpt-The Gym,' demonstrating her unique *Masala Bhangra* work out.