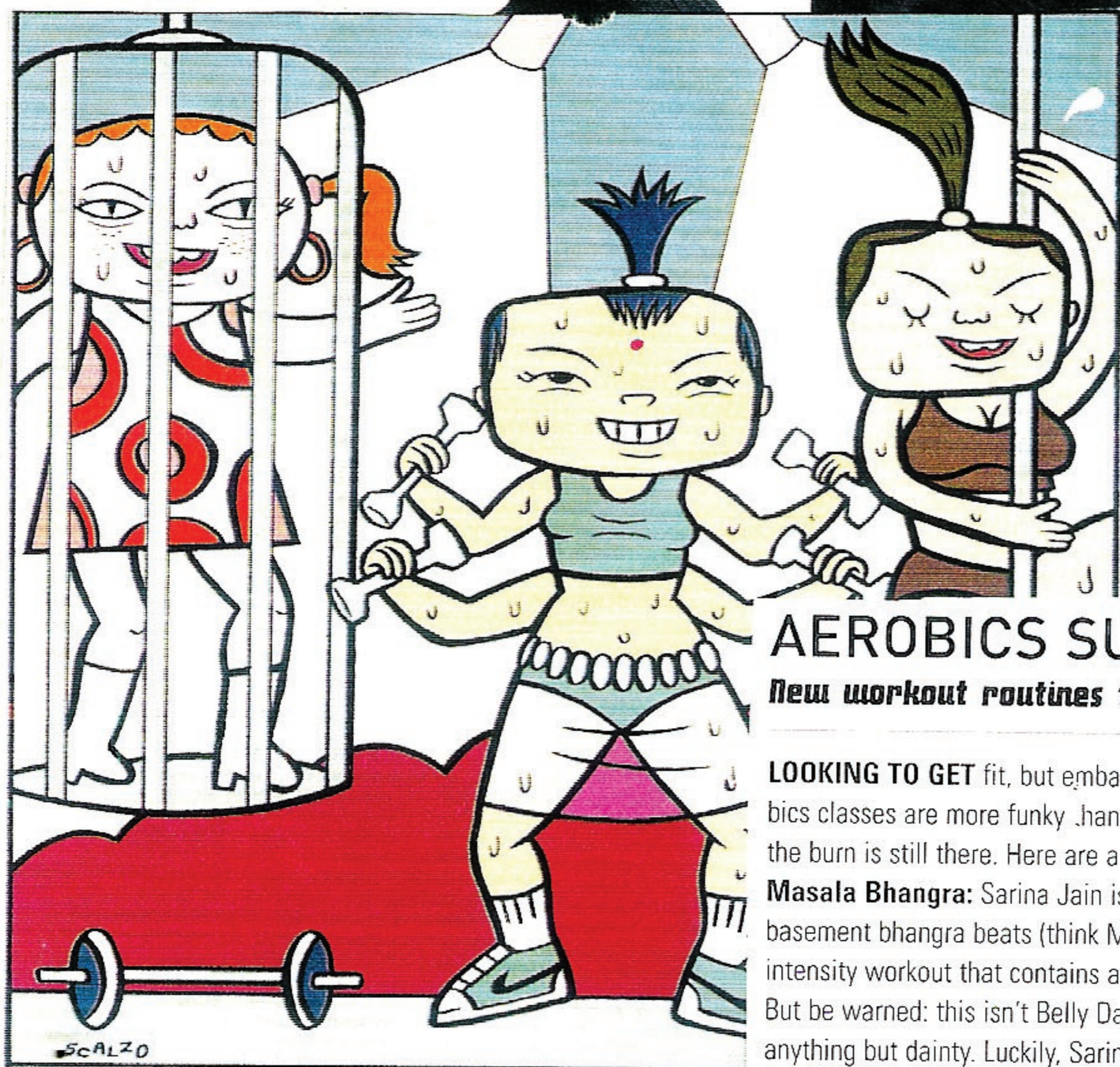


# BUST

## THE MUSIC ISSUE



MARIANNE  
FAITHFULL

Great gift ideas

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**Masala**  
Dance & Fitness Inc.



### AEROBICS SUPPLY

*New workout routines that have you slaving to the rhythm*

**LOOKING TO GET** fit, but embarrassed by Fondaesque aerobics routines? Look no more! Today's aerobics classes are more funky than frumpy, and while the headbands, legwarmers and "wool!"s are gone, the burn is still there. Here are a couple to try out:

**Masala Bhangra:** Sarina Jain is on a mission to literally move people with her Indian heritage. Set to basement bhangra beats (think Missy Elliott's "Get Yr Freak On"), her class is a fast-paced, medium-intensity workout that contains a sensuality you'd expect from the culture that gave us the Kama Sutra. But be warned: this isn't Belly Dancing 101. Bhangra is traditionally for men only, and the moves are anything but dainty. Luckily, Sarina doesn't go easy on her female students, while constantly reminding them that the dance should be a celebration, rather than a struggle. Although strenuous, the moves are easy to learn, so you don't have to think too much about what you're doing; you just dance. Check out Sarina's workout in fitness clubs around New York, or via one of her videos ([www.masaladance.com](http://www.masaladance.com)).

**Go-Go Robics:** For one night every month, in studios around N.Y.C., world famous performers Angie Pontani and her sisters ditch the stage to bring out the burlesque babe in you. While the dramatic make-up and glittery push-up tops are missing, the infectious chemistry and silly antics of these sisters are all the inspiration you need to get your go-go on. For two hours these ladies have you doing the freddy, the pony, and the mashed potato to all your favorite rockabilly hits. If you truly want a heavy workout, this is probably not the class for you, but for a couple hours of fun, you can't go wrong with the Pontanis. For those of you outside of New York, check out these ladies (in full go-go gear) on their newly released Go-Go Robics video ([www.pontanisisters.com](http://www.pontanisisters.com)).

**Cardio Striptease:** As the name implies, this workout gets its moves from the erotic stylings of the strippers and go-go boys who instruct the class. At Crunch gyms all over the country you can learn the art of making an entrance, flirting, posing, giving a lap dance, using props, and taking off your clothes—all while getting an intense cardiovascular workout that will heat you up in more ways than one. But another goal of the class is to help participants feel more comfortable in their own bodies—the lights are turned low for the shyer students—and people can take off as little or as much as they want. In fact, most of the class simply throws on a layer over their regular workout attire. But don't be surprised if your neighbor strips down to a sexy bra and most of the men remove their shirts ([www.crunch.com](http://www.crunch.com)). **KRISTEN NOSEK**

**Plus Jean Grae, Bright Eyes, Kimya Dawson**