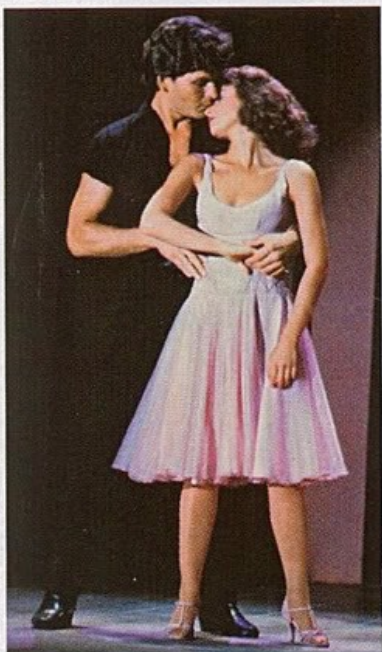


TRY THIS

Dirty dance off that weight

Dance class is a great workout—a half-hour burns about 200 calories—but there's the little issue of shimmying in a room full of strangers. Here's the solution: Do your dancing



at home with these great new DVDs.

Dirty Dancing: Official Dance Workout (\$16.98; www.lionsgateshop.com) has four routines set to music from the unforgettable 1987 movie starring Patrick Swayze and Jennifer Grey (above).

Get a Dancer's Body Package (\$59.85; www.corerhythms.com) features a Latin-influenced cardio workout led by award-winning ballroom dancers.

Hemalaya: Bollywood Booty (\$14.99; www.acaciacatalog.com) has four backside-shaping, Indian routines.