

Bhagya Nagesh teaches the first day of dance classes Saturday at Bollywood Rhythms studio in Naperville. TERENCE GUIDER-SHAW / FOR THE SUN



# DANCE CRAZY, BOLLYWOOD STYLE

Local studio opens 'Slumdog' bump just in time for

By David Sharos  
FOR THE SUN

Getting in shape often requires keeping an exercise routine fresh and unique. If jogging, weight lifting, kick boxing or yoga isn't doing it for you anymore, Bollywood dancing might just be what the personal trainer ordered.

The new Naperville dance studio Bollywood Rhythms at 1701 Quincy Ave. is one of the first locally to take advantage of the latest exercise craze that is sure to receive a substantial bump from the Academy Award-winning

## AT A GLANCE

**Bollywood Rhythms**  
Where: 1701 Quincy Ave., Suite 16, Naperville  
Call: 630-357-9293  
Email: info@bollywoodrhythms.com  
On the Web: www.bollywoodrhythms.com

The movie features a rousing rendition of snappy aerobic dance moves shown during the movie's end credits. Owner Bhagya Nagesh, 33, said she has taught Bollywood dance for seven or eight years in her native India and another couple of years here. Nagesh said she welcomes movie exposure, as well as from local media and television.

"I think that Bollywood and the dancing of India is actually pretty

## National craze

An Associated Press story recently reported that films with dancing produced in India are attracting more participants here in the U.S. Drawn to the lavish dance numbers in films from India, or just bored with their gym workouts, people are flocking to Bollywood-style dance classes that mix traditional Indian folk dances with hip-hop moves. And the U.S. exercise

well known already throughout the world and is just catching on now in the U.S.," she said. "There have been dance programs on television that have brought it to people's attention, and they want to know more about it. "I've been teaching dance in my home here before we got the approval for the studio, and some days, I'll get 30 to 35 calls inquiring about it."