

Dancing with a star

Want to have a hot body and a ton of fun? Just dance! SELF sent fitness director Meaghan B. Murphy to bust a move with Kelly Monaco, *Dancing With the Stars*'s season 1 winner, in three of Hollywood's hottest dance classes. Then we found DVD picks so you can have a dance party of your own!



Monaco also appears on *General Hospital*.



Jagger called—he wants his moves back!

Murphy (left, midscream) and Monaco (center) break it down...



...swing and sway...

DanceWorks YogaWorks, Los Angeles

This is the first boogie-based class from the Zen warriors at YogaWorks. No surprise, each session begins with a series of yoga poses to increase flexibility while bringing awareness to your breath. Then it heats up to a high-energy hip-hop dance-athon. The room has no mirrors, so you can focus on how good you feel rather than how silly you may look.

KELLY'S TAKE "The steps were tricky, but anything goes! When in doubt, do what Meaghan and I did: Break out the running man or jazz hands."

YOUR TURN Tighten and tone with this supercharged pilates-yoga-dance fusion. *The Booty Barre: Total New Body*, \$20; GetTheBootyBarre.com



Afro-Brazilian

Crunch, West Hollywood

Choreographically challenged? This free-form style's for you. Groove to the beat of live drums as you learn traditional tribal moves from Africa and Brazil.

KELLY'S TAKE "Most. Fun. Ever. I got lost in the music, not the routines. Plus, where else can you sport ethnic-print MC Hammer pants and totally fit right in?"

YOUR TURN Four booty-shakin' workouts leave you lean and energized. *Dance and Be Fit: Brazilian Body*, \$15; Acacia Lifestyle.com



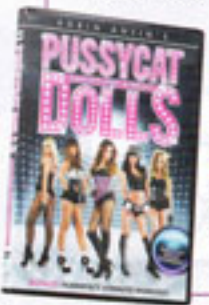
Video Dance Jam

Equinox, West Hollywood

Get down like Lady Gaga in this fast-paced, heavily choreographed class inspired by music-video moves. Murphy and Monaco channeled Rihanna with Pussycat Dolls founder Robin Antin—she's a Dance Jam regular!

KELLY'S TAKE "The eight counts brought me back to my *DWTS* days—I've still got it!"

YOUR TURN Get into show-stopping shape with four sexy routines. *Pussycat Dolls Dancer's Body Workout*, \$15; Amazon.com



...and strut their stuff.

GET THE DIRT Cameras for Monaco's new reality show, *Dirty Soap*, were rolling on SELF's shoot. Tune in Sundays at 10 P.M. on E! for a look at the real lives of soap stars.



SNAP TO WIN! One of five pairs of Puma Faas 550 sneakers (\$90 each) See them at Self.com.