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GO MULTICULTURAL

At Clay, Sarina Jain is billed as the "Jane Fonda of India," promising to move every muscle of the body and nuke calories in Masala Bhangra, an exotic, ethnic dance class set to traditional dhol beats and bhangra tracks.

In Latin Dance, competitive ballroom dancer Ricardo Villa distracts you from a killer cardio pump with the fancy footwork of the tango, salsa, cha-cha, hustle and swing.

Or how about Rockin' Yoga, a yoga class taught to rock music by a female stand-up comedienne?

(Note: A sniff of Clay's complimentary eucalyptus-soaked towels are worth a visit alone.)

■ Clay, 25 W. 14th St.; (212) 206-9200, insideclay.com

East meets west for an exotic workout with Sarina Jain at Clay gym.

