

ing A POUND DAY!

BRITNEY SPEARS is dancing her butt off—literally!

Hours of grueling dance routines and endless sets of abdominal crunches are helping to transform the once portly pop star back into her svelte self. And friends tell *Star* she's doing it for one reason only—to get back on tour—and fast! “She wants to prove she can be a big star again,” says an insider. “She wants to incorporate challenging moves. One time, she danced with a python. This time, she’ll do something even more outrageous. Maybe she’ll have a tiger on stage! She wants to do it all.”

All the hard work has already helped Brit shed a stunning 15 pounds in just two weeks! It seems like it was just yesterday that Britney was slouching around with a poochy paunch, flabby arms and a widening waist. Now she’s parading six-pack abs, arms of steel and a behind you could bounce a quarter off! “She looks totally hot!” an eyewitness, who saw Britney outside North Hollywood’s Millennium Dance Complex, tells *Star*. “Everyone has noticed an amazing difference.”

Especially rocker **Howie Day**, who was last seen playing tennis with Brit at Promises rehab center in Malibu, Calif., at a time when she was guzzling a case of Coca-Cola a day—and it showed. Day was spotted with the now-sizzling

star on an April 29 date that ended back at her place!

DANCING QUEEN

So what’s the secret behind Brit’s sexy overhaul? “Hard-core dancing!” Rob Baker, owner and co-director of the Millennium Dance Complex, tells *Star*. He says the pop princess has been making almost daily visits since leaving Promises last month. “Britney has been taking classes—jazz, hip-hop, even ballet. She currently does two hours a day. She looks phenomenal!”

Brit’s high-intensity dance routines can burn up to 1,500 calories per hour, says Santa Monica-based fitness trainer Andy Petranek. With Britney scheduling two-hour sessions, Brentwood, Calif., nutritionist Christine Bybee estimates she’s shedding about a pound a day!

Britney’s newfound resolve is impressive—and, by all accounts, a long time coming—but she’s not doing it all by herself. Millennium’s classes are led by world-famous choreographers such as Darrien Henning, Wade Robson and Kevin Tancharoen, all of whom have helped prepare Britney for previous tours. “She comes in and takes classes with other aspiring dancers,” says Baker. “She works it!”

Brit attends advanced level classes, then books additional studio time on her own as well. For her private sessions, Millennium provides a list of dancers for Brit to choose

NOW
April 23
110 Lbs.

It’s almost like Britney took a trip in a time machine! She looks like her old self here, right after one of her dance workouts.