

# in fitness

IDEAS ON HOW TO MOVE MORE  
AND MEET YOUR GOALS.

## What's **hot** for 2012?

• by ANNE BURKLEY

**A**erobics, kickboxing, Pilates, yoga, balance balls, Buns of Steel, the ThighMaster ... fitness, like fashion, has its share of fads, trends and tried-and-true classics.

Fitness buffs and newbies alike are constantly introduced to a new crop of fitness crazes designed to shape bodies, sculpt attitudes and meet fitness goals. Every year, the American College of Sports Medicine compiles a list of top trends, and fitness and fashion magazines try to determine what are the hottest workouts.

Whether you are looking for a lifestyle change or want to shake up your current routine, here are five workouts that are making headlines and that you can do at local fitness studios and gyms.



PHOTOGRAPHY BY DANIEL ZAMPIGNA

### ▲ Piloxing

Piloxing, a combination of boxing and Pilates, has been touted by celebrities such as Heather Morris and Hilary Duff in *Women's Health*, *Us* and *In Touch Weekly*.

**Why it works:** Though it seems like an unlikely pair, the two core-based disciplines come together in a high-tempo, interval workout that burns fat, sculpts long, lean muscles and enhances core strength and balance. Piloxing incorporates standing Pilates moves, boxing combinations and even a little dancing. Cynthia Lindenmeyer, above and right, a group fitness instructor with Gold's Gym, Carlisle, liked the concept so much that she went to Atlanta to become a certified instructor. "It's not just about fitness, Piloxing is about helping women to feel empowered," she said. Participants can take the class with or without shoes and can add weighted gloves to maximize toning and cardio benefits.

**Who it's for:** Piloxing was originally developed as an empowering workout for women. Lindenmeyer's classes include women up to age 92. Modifications for moves are suggested throughout the workout. Although designed for women, she does have a couple of men who take the class.







## ▲ TRX Suspension Training

TRX Suspension Training — total resistance exercise — was created by Navy SEALs looking to stay fit in the field. They devised a way to use parachute straps to create resistance exercises and an efficient total-body workout. Each exercise is done using a suspension trainer, a long set of nylon straps secured, most likely, to the wall. Body weight and gravity create the resistance to build strength and improve balance and flexibility.

**Why it works:** "I think it's the most well-rounded form of exercise that you can do," said Brenda Hoover, personal trainer and co-owner of Absolute Wellness Group in Harrisburg. "Through the entire program you train core, flexibility, balance and strength all at once." TRX Suspension Training is for any fitness level, is low impact and the intensity of each move is controlled by the individual. "It's extremely versatile," Hoover said. Depending on the needs of the participants, some classes incorporate cardio or additional equipment for an extra challenge, while others focus on core strength or flexibility. And in case you are wondering, you are never suspended off of the ground.

**Who it's for:** Anyone from pro athletes to seniors. Moves are easily moderated by changing the angle of the body as they are performed; however, those with problems gripping may not be suited for the program.

LEFT: Instructor John Wysocki leads Kathy Frey, center, and personal trainer Kim Farrell in a TRX Suspension Training session at the Absolute Wellness Group studio in Harrisburg. BELOW: Bethanie Striebig, general manager of Hardkohl Sports and Fitness in York, helps Sharon Muligan of York work out on the Power Plate.



## ▲ Power plate

Imagine a piece of workout equipment that makes every move you do more effective. The Power Plate is a vibrating platform for just about any type of stretch or exercise. The vibrations activate the body's muscles, causing them to contract, which enhances performance and results, without more reps.

**Why it works:** "The vibration activates the muscles for increased muscle strength, flexibility and range of motion," said Bethanie Striebig, general manager of Hardkohl Sports & Fitness in York, who does everything from cardio and plyometrics to stretching on the Power Plate. "People are surprised when they start to sweat," she said.

**Who it's for:** While pro athletes might have a Power Plate in their home, generally it is a tool of the personal trainer. Striebig uses it to help clients of all ages and abilities to rehab sports injuries, tone muscles and increase flexibility. Those with heart conditions or pacemakers should not use the machine.

RIGHT: Participants take part in a boot camp exercise program offered by Susquehanna Twp. Parks and Recreation. BOTTOM: The West Shore YMCA in Hampden Twp. hosts a Zumba class.



## ▲ Boot camp

Boot camp conjures images of 5-mile runs, pushups by the dozen and intimidating obstacles. While you aren't likely to find a boot camp quite so challenging outside of basic training, Mickey Glick, owner of Body & Soul Fitness Studio and No Pink Dumbbells Boot Camp, Lancaster, said what you can expect from fitness boot camps is an intense group training experience. Classes are usually in sessions that range from four to eight weeks and meet two to three times per week for an hour. Working your entire body intensely with more frequency or for a longer duration isn't something that Glick recommends.

**Why it works:** Boot camp used to be held outside and consist of calisthenics and interval and strength training. Today, you can also find indoor classes that include fitness equipment, traditional body-weight exercises and intervals of intense aerobic activity and compound movements that promote weight loss and tone the body. Working at this level of intensity is rarely done alone. The support of a group takes most people to levels that they simply wouldn't achieve outside a structured class, Glick said.

**Who it's for:** Anyone who wants a physical challenge. "I've worked with people of all different levels, so it doesn't mean you have to be in great shape," Glick said. You do, however, have to come prepared to sweat and push yourself to new physical limits.

## ◀ Zumba

Zumba is a popular dance-fitness program that offers easy-to-follow Latin moves, international music and a fun dance-party environment. "Most people just forget about the workout," said Denise Gallucci, co-owner of Art in Motion Fitness, Lemoyne. "They are too busy dancing and singing." Its appeal transcends gender, age, size and fitness level.

**Why it works:** More than fun, Zumba and other dance-fitness programs provide an intense cardio workout that incorporates resistance training. Routines are created with specific tempo changes for a good interval workout that tones and strengthens the entire body. Zumba Toning incorporates Zumba Toning Sticks, which are hand weights that sound and are used like maracas.

**Who it's for:** Anyone, any age who wants a fun, dance-inspired workout. Look for Zumba Gold classes for seniors and Zumba-tonic for kids 4-12.

