

From the Colorado Daily, Wednesday, January 12, 2005.

B4

NEWS

## EXERCISE



# New twists on old workouts

Sue Hollingshead (CQ) demonstrates a posture from BallAsana, a form of yoga that incorporates a ball, at RallySport, Boulder, Colo., on Wednesday, December 15, 2004. Hollingshead teaches a variety of innovative exercise classes, and runs a business called Yoga with a Twist. The technique is part of a new revolution in exercise incorporating diverse forms of training techniques. [JACOB PRITCHARD/FOR THE COLORADO DAILY]

BY LINDSAY ROSS  
For the Colorado Daily

## TRENDS IN EXERCISE COMBINE FUN AND RIGOR

**A**fter the holidays, unless you managed to make it to the gym regularly during festivities, chances are you resolved to get back into shape for the New Year. Even though there are seemingly limitless exercise options, there's always some new trend on the rise to keep you stimulated and whip you back into shape.

Yoga is one form of exercise that has been around for thousands of years and yet keeps reinventing itself. There are several different types of yoga, all of which are designed to strengthen the mind and body through physical postures. Although yoga is not exactly new, there are innovative additions to the practice of yoga.

Sue Hollingshead, a Denver-area fitness instructor and creator of a class called "Yoga with a Twist," teaches many unique yoga workshops. Aside from the beginning-level Yoga Fundamentals class, Hollingshead has designed a class called BallAsana that combines yoga movements with a fitness ball and that introduces an element of instability that works the entire body. Hollingshead calls this class "a union of strength and grace," but also "a pretty hardcore workshop." Because balancing requires the entire body, almost any kind of exercise incorporating a fitness ball or other form of instable surface increases the intensity of the workout.

Another option with com-

bined philosophies is Hollingshead's Fusion Fitness class. This Canadian-based training combines the basic ideas of yoga and Pilates, the stretching fitness technique that uses tension-based movements. The class is usually set to music to keep the class flowing. It is also not as structured as a typical yoga group class, yet is still mind-body based and focuses mainly on the very popular Anusara form of yoga. This is also an alignment-oriented type of yoga, which Hollingshead calls "very spiritually based, heart opening, and inspiring."

Meditative exercises may not appeal to everyone. Some people prefer the activity and motivation that comes from working out in a gym, with a trainer or with friends. Local

health clubs like 24 Hour Fitness, RallySport Health and Fitness and Flatiron Athletic Club, among others, offer a wide variety of exercise classes, as well as equipment that is effective and easy to use.

Most athletic clubs provide treadmills, elliptical machines, free weights, circuit machines, and an array of yoga and medicine balls to challenge any workout.

Most of these gyms also offer functional training options. Functional training is a key trend in exercise that has really become popular in the last few years. This kind of exercise eliminates the standard bench press and squat rack type of routine many people associate with gym workouts and teaches the body to move prop-

erly through everyday activities.

"People want to be able to do exercises that will help them perform in the real world," said Brent Werner, Fitness Manager at 24 Hour Fitness in Boulder.

Functional training, according to Erin Carson of RallySport Health and Fitness, teaches the body to move through the movement patterns that are used in daily life. This includes squatting lifts, moving on unstable surfaces, and balance and agility exercises.

Several health clubs in Boulder also offer personal and group training classes that can incorporate functional training into a workout. Group personal training classes usually consist of one trainer and four to eight people.

Depending on the kinds of results you and the other members of the group are looking

for, the trainer will design a workout to help you achieve those goals. Some group training classes focus on losing weight, such as Flatiron Athletic Club's Weight Loss Challenge, which combines cardio and resistance training to drop those extra pounds.

One of the biggest group fitness classes is Body Pump. Called "the fastest way in the universe to get in shape," Body Pump is a group weight training program that is designed to strengthen and tone the muscles. Unlike yoga or Pilates, which work the smaller muscles of the body to support the larger muscles, Body Pump is quick in pace and uses adjustable barbell weights to work the major muscle groups.

"Group fitness classes and

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# EXERCISE: One out there for you

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group personal training are probably the most popular here," said Joe Horwat, Director of Personal Training at Flatiron Athletic Club. Horwat also notes that a major trend in exercise is the merging of several kinds of exercises.

"What we're seeing as far as fitness trends go is that everything is kind of blending together. Now in the fitness industry, we're taking everything from a long time ago, all the new stuff, and everything in between, and we're using everything at the same time."

And Neuromuscular Integrative Action, or NIA, fits right into that category. NIA is an exercise that draws elements from martial arts, tai-chi, dance, and yoga. Another form of mind-body based fitness, NIA incorporates senses, emotions, and physical movement all together. Different instructors add their own flavors to NIA, making every class unique. For anyone who wants a very playful, creative and spiritual workout, NIA is the perfect fit.

Dance has taken on many new forms over the years as

well. No longer just a way to move and express yourself, dance is one of the hottest fitness trends around. Rally Sport and Fitness offers a class called Dance Temple. The class is similar to NIA in the combination of dance movements, fitness and a spiritual element. Dance Temple moves through a series of dances and moves, increasing in intensity along the way. The fusion of physical motion and an emotional connection attracts many to Dance Temple.

For those who may not want a typically structured yoga class and enjoy the movement of dance, Hollingshead has blended principles of yoga and dance into Trance Yoga Flow, a class that she calls "powerful, playful and penetrating." The class, which is alignment-oriented like most types of yoga and includes music, allows people to move more freely while still keeping the body aligned and maintaining principles of yoga.

"People tend to kind of get stuck on the mat, and this plays with more exploratory ways not to be so linear," said Hollingshead.

However, as hard as you

may work out in a dance class, on a yoga mat or a treadmill, exercise is just part of getting in shape and staying healthy.

According to Werner, taking a fitness class or lifting weights is "only one fifth of what it takes to get results." A large part of getting and staying in shape is due to nutrition.

"Sixty to 70 percent of you losing five pounds or gaining five pounds is nutritionally based," said Werner. If you are exercising but are not eating well, you will gain fat on top of muscle, which can give you the opposite effect of what you want. To create the right kind of exercise and eating habits for your body, Werner says it is important to learn your caloric intake and how many calories you burn in a 24 hour period.

Whether you need help getting back in shape or you just want to maintain what you've already got, there is an exercise out there that's right for you. Many incorporate a real physical workout with all kinds of fun to keep you energized, stimulated, and healthy. With all the choices out there, this just may be the year you actually keep that New Year's resolution.

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