



GRAB A LUNCHTIME WORKOUT

Sneak in a midday quickie at one of these new gyms (don't worry, there'll be time for a bite).

32 Zest for Zumba

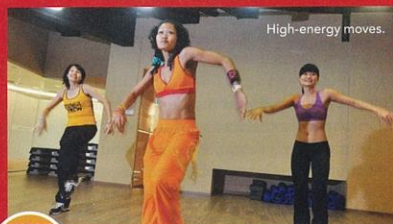
Class we like: Zumba

Where: Physical ABuse (#01-28/29, 2 Havelock Road, tel: 6536-5580) A dance-fitness class that combines resistance training with moves inspired by eight Latin dance genres (such as tango, samba and flamenco). Each routine has unique choreography, so you can expect to explore a wide repertoire of movements across classes conducted by different instructors. A high-impact session can blast up to 1,000 calories.

Time taken: 55min

Perfect for: Those seeking an uplifting sweat session in a cosy setting.

Bonus! The boutique gym also offers pilates and aerobics as well as weight training, suspension training and vibration training. We like the stylish changing rooms.

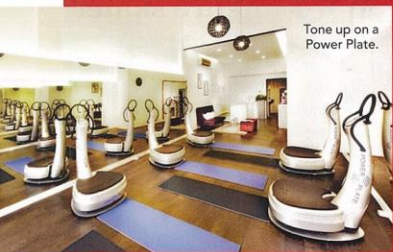


High-energy moves.



WORK THOSE ABS!

Flash this page to enjoy a free trial class at Physical ABuse – or get a 5-day unlimited gym pass (with access to all classes and facilities) at a special rate of \$18! Call 6536-5580 to book. Terms and conditions apply. Promotion ends Aug 31, 2011.



Tone up on a Power Plate.

33 Shake it up

Class we like: Powersculpt

Where: Croyez Studio (#02-01, 8 Purvis St,

tel: 6474-4140) Touted as Nasa astronaut training, Power Plates use rapid vibrations to force reflexive (knee-jerk) contractions in the muscles. This full-body conditioning class is said to increase strength and flexibility, as well as reduce the appearance of cellulite. Think squats, planks, step-ups and arm curls performed in vibration mode.

Time taken: 40min

Perfect for: Busy professionals who like their exercise fast and furious.

Bonus! There are other types of classes to choose from, such as Powerbox (kickboxing on a power plate).

34 Express fitness

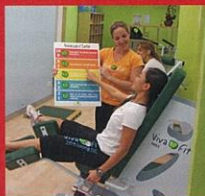
Class we like: Vivafit Circuit

Where: Vivafit (#02-24 Tanjong Pagar Plaza, tel: 6226-3630) Round up your female colleagues and head to this women-only gym. Using only hydraulic machines to provide resistance that's equivalent to your body weight, the circuit requires you to switch stations every 30 seconds (to work different muscles).

Time taken: 35min

Perfect for: Variety seekers. Classes are short and sweet, giving you plenty of time to freshen up, mingle and grab lunch.

Bonus! Members who achieve the most weight loss each month get recognition when their names get displayed on the "wall of glory".



ZUMBA PHOTO: PHYSICAL ABUSE; CROYEZ STUDIO PHOTO: GROVEZ STUDIO; VIVAFIT PHOTO: VIVAFIT; POWER PLATE PHOTO: URBAN FITNESS LAB; PHOTO: DARRREN CHANG; AIRE DIRECTION: BAY TIGER

35 Super stretch

Class we like: Gyrotonic

Where: The Moving Body (#01-23/24, Robertson Walk, tel: 6235-1051) With its intricate pulley system, the machine may resemble an ancient torture device but it's surprisingly easy to use. During your first session, an instructor will acquaint you with the machine before starting on a series of stretches. Combining principles from yoga, swimming, gymnastics, dance and even tai chi, gyrotonic exercises are made up of fluid, circular movements that allow full joint mobility. Besides strengthening core muscles and connective tissues, the exercises also correct muscular imbalances, combat back problems and boost blood circulation.

Time taken: 1 hour

Perfect for: Those with chronic shoulder, neck or back aches.

Bonus! The studio's in-house cafe, Sprout, serves light sandwiches.



Gyrotonic exercises make you limber.

36 Spinning with a twist

Class we like: Realryder 101

Where: Urban Fitness Lab (54A Boat Quay, tel: 6557-2887) Unlike a regular stationary spinning bike, the machine works more than your glutes and thighs – it tilts sideways, forcing you to engage oblique and core muscles to stay balanced.

It tests your endurance too. Classes begin with an easy warm up before leading in to 12 to 13 short sets of simulated uphill climbs, sprints, dog chases and more.

Time taken: 1 hour

Perfect for: Fitness enthusiasts who want to kick their routine into high gear.

Bonus! The gym also offers hypoxi therapy, a treatment that involves cycling in a giant vacuum contraption. It targets lower body fat.



37 Mystery Pilates

Class we like: ??? (Yes, that's what it's called.)

Where: Breathe Pilates (#09-33, Novena Medical Center, tel: 9835-5683) Held every Tuesday (12pm) and Thursday (1pm), the class is so named because its lesson plan is kept secret and revealed only when you arrive. But if regular sessions are anything to go by, you'll be guided through a full-body pilates session using various equipment such as the jump board (a small trampoline attached to the reformer machine), TRX suspension system and gyrotonic machine.

Time taken: 45min

Perfect for: Those prone to quitting the minute boredom sets in.

Bonus! In addition to an initial posture assessment, an in-house orthopaedic specialist is also available for consultation upon request.

