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Fusion Fitness

The newest way to work up a sweat and take your workout routine to the next level.

By Tara Lee

Bored with the same old workout? The latest craze blends different exercises to provide maximum results, all in one action-packed, fun-filled session – perfect for the time-pressed who want to do it all.

Dance Fusions

Burn calories and groove to the music. Funk fusion brings together hip-hop, funk and cardio in an up-tempo class. Salsa aerobics gives traditional aerobic moves a Latin dance twist. Punk-rock yoga encourages raw, free-form movement to punk music. And Samba soccer teaches dribbling and dance moves to the beat of Samba music. See ucalgaryrecreation.ca/fitness/be-fit-for-life; punkrockyoga.com.

Best of Both Worlds

Yoga and Pilates were bound to unite. Fusion Fitness Training mixes yoga postures and sun salutations with Pilates mat exercises, challenging the body to go deeper into the postures and movements. Expect a time-efficient session that increases strength, balance, stamina and flexibility. Visit fusion-fitness-training.com.

East Meets West

Spynga is the brainchild of Sari Nisker (a yogi) and Casey Schacter (a cyclist). The workout begins with meditation, moves to 25 minutes of cycling with yoga arm poses, and ends with vinyasa yoga and meditation on the mat. It combines cardio and muscle toning with mind/body relaxation. Check out spynga.com.

Hot Melting Pot

Barefoot and guided by eclectic music, Neuromuscular Integrative Action (NIA) participants perform movements that combine dance (jazz, modern and Duncan), martial arts (tai chi, tae kwon do and aikido) and healing arts (yoga, the Alexander Technique and Feldenkrais). Classes work on strength, flexibility and cardio. Visit niac.ca.

Go All Out

Watch for the Canadian arrival of Crunch, the trendy U.S. chain of gyms that takes a wild approach to fusion fitness:

- **Club Cirque** Join the circus in a class that brings trapeze moves to the gym.
- **Cycle Karaoke** Belt out your favourite tunes and ignore the occasional flat note as you spin away those excess pounds.
- **Hip-Hop Cowgirl** What happens when New York hip-hop meets Southern lassoing? Put on your cowboy hat and crank up the music to find out.
- **Yoga Booty Ballet** Shake your booty while alternating between child's pose and a pirouette.

Average (3 Ratings)

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