



[brides fitness]

EDITOR **TERRIE COLLYMORE**

class action Hate weights? A fitness class could be your shape-up solution. Elisabeth Halfpapp, cofounder of New York's Exhale Mind Body Spa, schools you on joining in.



EXERCISE	FUN FACTOR	SWEAT-O-METER	WEIGHT OR TONE
URBAN REBOUNding	Channel your inner child as you work out on a mini trampoline. You'll shout "Wheel!" while doing a series of jumps, kicks, squats, and martial-arts moves to a cool soundtrack.	Your exercise gear will need wringing out after this 45-minute continuous cardio workout.	All that leaping will boost your calorie burn, but the main benefit is a tight lower body. Can you say "killer legs"?
PILATES	Fun? Not so much. It's all about focus during this grateful series of moves designed to strengthen your core (abdominal muscles). Challenging exercises emphasize flexibility, balance, and breathing.	The repetitive moves are done at a slow pace, so you'll probably stay drip-free.	You won't shed pounds doing Pilates. You will gain a tighter tummy, improved posture, and leaner muscles, which give the appearance of a sleek physique.
KICKBOXING	If you're into intense cardio and have a trace of an aggressive streak, you're going to enjoy this empowering workout that combines martial-arts kicks and boxing-style punches.	We're not talking a sappy mess like Floyd Mayweather after a 12-round bout, but you will need faveling off.	This knockout workout will help you drop a few pounds, thanks to its high-calorie-burning potential. Expect to knock out about 500 calories per 45-minute class. Bonus: tight arms.
R&B/ HIP-HOP WORKOUT	So you think you can dance? Then you'll love shaking your moneymaker (and everything else) to hits by Kanye West, Beyoncé, and Flo Rida during this high-energy class.	Cardio choreography will have you locking, popping, and perspiring more than any video class. As you build on the routine, movements speed up, and so does your heart rate.	Booty gyrations + fancy footwork = major fat burning. While you may not get a dancer-svelte shape, you will lose weight if you get your groove on weekly.
SPINNING	Big wheels keep on turning in this stationary cycling class that's an awesome aerobic workout. The key to making it a thrilling ride is finding a motivational instructor with hot music.	This is a two-towel event: one for wiping your face; another for the handlebars so your palms won't slide out of position.	Cranking it at full tilt will help you burn serious calories (450 in 45 minutes) and pedal away unwanted poundage. Just get ready for Tour de France thighs—a result of any cycling workout.
VINYASA YOGA	Getting your zen on isn't a laugh riot—that's not the point. Achieving a meditative state of mind and a balanced body is. Vinyasa yoga combines these basic principles with breath-synchronized movement. Concentration and coordination are essential.	Flowing from pose to pose will raise your body temperature. Whether or not you break a sweat depends on the pace of the class.	Seeking weight-loss nirvana? Look elsewhere. But doing downward dog and sun salutations works muscles overtime, so expect to gain strength and improve your posture.

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