

» Survival Guide: Eat Clean In ANY Restaurant

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ROBERT KENNEDY  
WOMEN'S FITNESS

STAY LEAN AT **20**  
**30** & **40**  
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## BLAST AWAY FAT!

The Workout You Can Do On Your Lunch Break!

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**S** spice up training and spike results while busting boredom and burnout by discovering innovative and dynamic classes and activities that crush routine rut. Exercise plateau is a common problem that occurs when bodies adapt to the intensity and stress of a known exercise. "It's critical to find new workouts and mix things up in order to see top results," says Paul Frediani, senior trainer and triathlon coach at the JCC in Manhattan. "Discovering a new class or sport is a fantastic opportunity to broaden training options and improve fitness and enjoyment."

## 1 CHICAGO • ZUMBA



**You'll get:** Kick-ass fun that burns fat, boosts energy

This high-energy cardio dance class melds Hindu, Arabic, American, African and Latin beats with salsa, merengue, cha cha, samba, hip-hop and belly dancing, among other international favorites. Integrating slow- and fast-paced rhythm intervals with hip-twisting, fat-burning moves, Zumba is a full-body workout that leaves participants craving more, more, more.

"I was surprised by how much fun it was and how energized I felt after the class," says Lorene Gonzalez, 20, about her first Zumba class. "I was so pumped by the music and everyone in the class that I actually worked out more afterwards." Gonzalez, who admits spending most of her gym time on the treadmill – and not in dance classes – says she was "scared everyone would know how to do it and I would feel like a spaz." Much to her relief, there were plenty of newbies working their abs, butts, thighs, quads and calves, twisting their hips and lifting their legs to the vitalizing tunes. "It made me feel like I wasn't really working out, but I was totally sweaty when the music stopped."

**XSPORT FITNESS:** [xsportfitness.com](http://xsportfitness.com)  
**PIPERS ALLEY LOCATION:** 312.932.9100  
**FEE:** \$638 for 12 months (+ 3 months free for first time members).  
**MEMBERSHIP REQUIRED** – members get full access to all 20+ locations throughout Illinois

## 2 BOULDER • NORDIC WALKING

**You'll get:** A better butt, strong arms



**CALORIE-BURNER**  
 Runners love the cross-training benefits of Nordic Walking.

Founded by Sally Richards, the Nordic Walking Company based in Evergreen, Colorado, teaches technique, leads group workouts, hosts adventure hikes and offers private lesson. "It's a fantastic way to be outdoors and is easy to learn, so anyone – any age, ability, shape – can do it," says Richards. "With the proper technique, using poles burns 25 to 40 percent more calories than leisurely walking because it recruits so many more muscles by pushing off with arms and engaging abs."

Trekking poles, typically made of lightweight aluminum, not only provide balance on uneven terrain along the mountain trails, but strengthen triceps, biceps and abs, while taking stress off the lower body. Walk 45 to 60 minutes, three times a week.

**NORDIC WALKING COMPANY:** [nordicwalkingco.com](http://nordicwalkingco.com)  
**PHONE:** 303.674.2144  
**LOCATION:** Evergreen, Colorado  
**PRICING:** \$25 hour half group lesson & workout (\$130 for 10-pack punch card), \$25 hour clinic, \$25 Adventure walk, and \$75 per hour private lesson.

## NEW YORK CITY SPIN, SCULPT & STRENGTHEN



# 3

**You'll get:** More muscle, less fat



**ALL-OVER STRENGTH**  
 Combine muscle and power in new spinning classes.

No-nonsense New Yorkers love the dynamic duo 45-minute Spin and 60-minute Sculpt & Tone back-to-back classes offered at the JCC in Manhattan. "I like to use the cycling as a long cardio-building warm-up," says Jonathan Woods, a popular instructor of both classes. "Then we focus on upper body and core with a little leg work in the second part – and always with great music." Hitting major muscle groups with free weights, body bars and the step, the combo is a terrific time-efficient, full-body workout that attracts regulars like JCC member Barbara Willinger, psychotherapist, who like most New Yorkers is pinched for time. "I can get an intense workout and not have to return to the gym later," she says. "I leave feeling maxed out – in a good way – and it's shaped my legs and arm muscles like nothing before."

**JCC MANHATTAN:** [jccmanhattan.org](http://jccmanhattan.org)  
**PHONE:** 646.505.6444  
**LOCATION:** 334 Amsterdam Avenue at West 76<sup>th</sup> Street, New York City  
**PRICING:** Special pricing for certain community members (students, senior citizens, families) and no initiation fee. Annual fitness membership (including pool) starts at \$1460.  
**MEMBERSHIP REQUIRED**