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fter a while, your go-to workout can become like your favourite

FIND YOUR NEW FITNESS MATCH

pair of jeans: reliable and comfortable, but also a bit boring and same-same. Deep down, you know it's time to try something new, but perhaps you're afraid to venture outside your comfort zone. Check your fears at the gym door, ladies. These 10 exciting new workouts are similar to those you already know and love, so they'll shake up your routine without making you feel like you've been thrown in the deep end. >

EVERYONE NEEDS AN EXERCISE MAKEOVER EVERY NOW AND THEN, BUT TRYING NEW THINGS CAN BE DAUNTING. DON'T WORRY – WE'VE DONE ALL THE HARD WORK FOR YOU AND FOUND YOUR PERFECT PAIRING!



YOU ♥ GROUP PERSONAL TRAINING, SO TRY ▶

SIGNATURE

If nothing kick-starts your motivation faster than working out in a small group with a dynamic trainer, Signature is perfect for you. "It's a 30-minute high-intensity interval training (HIIT) session combining weights and cardio for the ultimate full-body workout," says FutureFit Studios manager Alex Scholte. "Incorporating equipment such as kettlebells, battle ropes, dead balls and power bands, it's not something you can typically do at home."

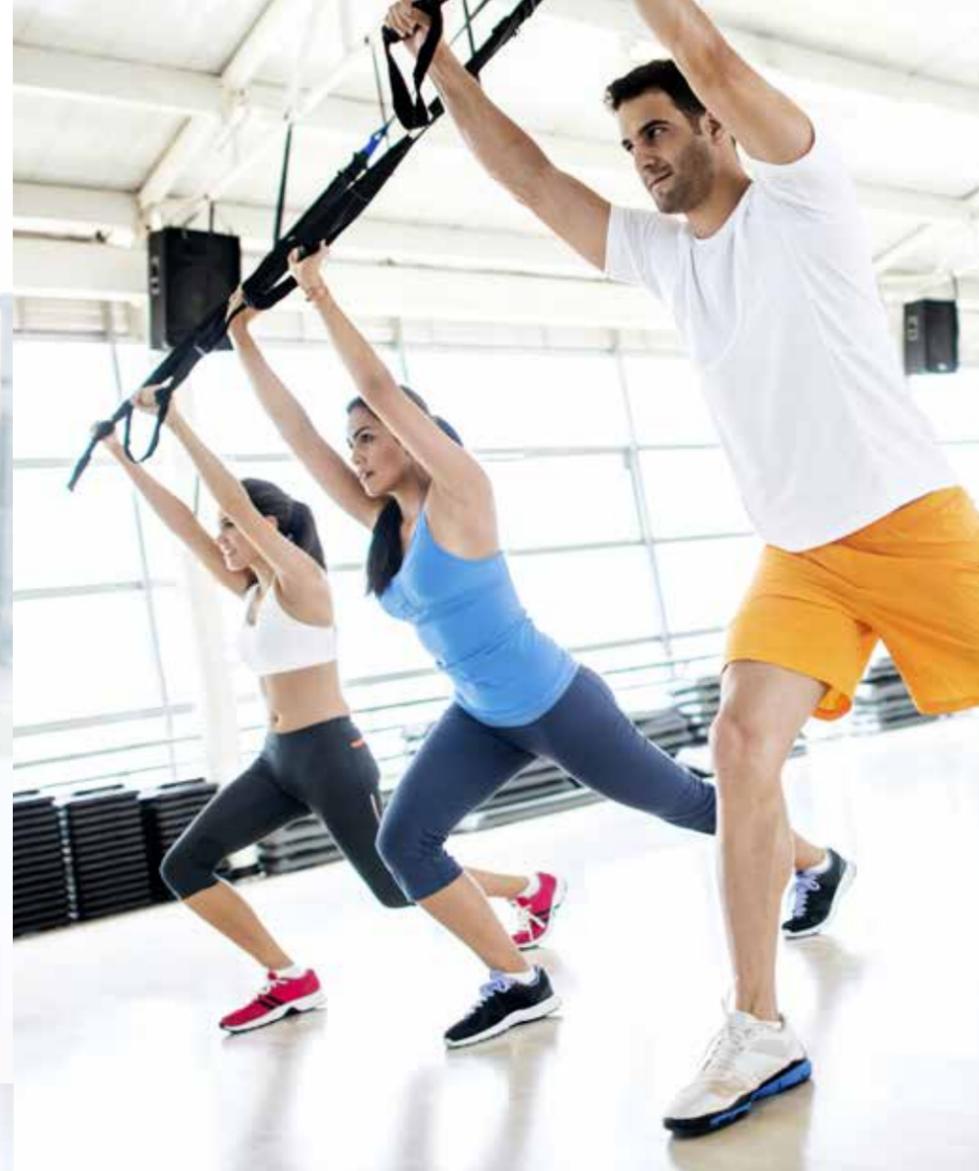
WHY YOU'LL LOVE IT Don't be intimidated by how intense it sounds. "Experienced coaches start by showing you how to train safely," says Scholte. "Then they increase the intensity to make sure you get the most out of your workout."

WHERE FutureFit Studios, Perth, WA.

WHAT IT COSTS Unlimited access with the Team Training Package starts at \$35 per week, plus a \$59 registration fee.

FIND OUT MORE www.futurefitstudios.com.au

Try it...
A free seven-day trial is available on request. See the website.



YOU ♥ ZUMBA, SO TRY ▶

LATINO BLAST

If you never really believed that exercise could be fun until you shook your booty through a Zumba class with a huge smile on your face, get ready to fall in love all over again. "Latino Blast is a fun, cheeky workout that combines Latino dancing and muscle conditioning," says Latino Blast creator Karina Santamaria. "It's suitable for all ages and fitness levels." **WHY YOU'LL LOVE IT** "It's so catchy and addictive!" says Santamaria. "And it targets the whole body."

WHERE Various gyms in Sydney.
WHAT IT COSTS Most gyms and fitness centres provide free passes or allow casual

visits to try a class. After that, you'll need to become a member.
FIND OUT MORE www.latinoblast.com.au



AFTER PREGNANCY

Getting back to exercise post-pregnancy can be a huge challenge. Here's what you should consider before you jump back into it.

You've welcomed your bundle of joy and now you can't wait to lace up your runners – but is it safe? Whether you had a normal vaginal delivery or C-section, get the all-clear from your doctor at your six-week check-up before returning to exercise. "You don't want to rush into high-impact running or gym classes," says Becky Dyer, a women's health physiotherapist from Body

Beyond Birth (www.bodybeyondbirth.com). "Start with low-impact cardio like pushing the pram up gentle hills. Core strengthening can help reinforce deep abdominal muscles and your pelvic floor – Pilates strengthens both." Be wary if you have abdominal separation of the stomach muscles and speak to your doctor before trying a new exercise, or reintroducing your pre-baby routine.

YOU ♥ BODY-WEIGHT WORKOUTS, SO TRY ▶

GYMNASTICS STRENGTH TRAINING

Is your usual body-weight circuit of planks, push-ups, squats and lunges getting stale? Give Gymnastics Strength Training a whirl. "This new program is designed to develop total body strength by helping you use your body weight in a controlled manner," says Rob Hale, head of fitness at Fitness First Australia. "Inspired by outdoor beach gyms and gymnastics, it incorporates gymnastic rings, climbing ropes and monkey bars." **WHY YOU'LL LOVE IT** "You'll enjoy connecting with your inner child as you hang and swing on the gymnastics-style equipment in 'The Playground'," says Hale. "We make sure the classes are suited to your fitness level, and with classes limited to a maximum of 12 people, you'll benefit from expert advice and assistance as you try new and challenging exercises." ▶

WHERE Fitness First clubs in NSW and coming soon to Vic.
WHAT IT COSTS Gymnastics Strength Training classes are included in all Fitness First memberships, which start at around \$22 per fortnight, plus a \$75 joining fee.
FIND OUT MORE www.fitnessfirst.com.au

Try it...
You can try a free Gymnastics Strength Training class at Fitness First. See the website.

YOU ♥ BODYPUMP, SO TRY ↓

CXWORX

Group fitness classes designed by New Zealand company Les Mills have taken the world by storm in the past few years. If you're already crazy for BODYPUMP, get ready for core-centric CXWORX. "It's a 30-minute class that focuses on 'functional fitness' – exercises that simulate everyday movements – and strength training," says Les Mills New Zealand marketing specialist Leigh Hoban. **WHY YOU'LL LOVE IT** "It's great for tummy and glutes, and builds a stronger core through body-weight exercises," says Hoban. "It'll help you run faster, play harder and stand stronger."

WHERE All Les Mills clubs in New Zealand and selected gyms across the world.

WHAT IT COSTS CXWORX is included with membership at any Les Mills club in New Zealand.

FIND OUT MORE Find a workout near you at www.lesmills.com/findaclass

Try it...
Go to www.lesmills.co.nz/promotions/free-workout-pass/ for a free CXWORX class.

YOU ♥ HIIT, SO TRY ↓

F45

F45 takes HIIT one step further by combining it with functional training. Participants work their way around a circuit in small groups for 45 minutes, giving their maximum effort for 20 to 40 seconds and resting for 10 to 20 seconds. **WHY YOU'LL LOVE IT** "I knew I needed to incorporate more weights into my training, but the gym can be intimidating, so I loved F45 right away because it's fun, fast and never gets boring," says Weight Watchers member Rachel Skevington. "The results I've achieved in three months with F45 have far surpassed my results in three years at the gym."



WHERE ACT, NSW, Qld, Tas, Vic, WA and Auckland.

WHAT IT COSTS Around \$35 for a single session or \$220 for a 10-session pass. **FIND OUT MORE** www.f45training.com.au or www.f45training.co.nz

Try it...

You can get a free one-week or two-week F45 trial depending on your location. For info see the website.



YOU ♥ SPIN, SO TRY ↓

COACH BY COLOUR

More than just a regular old Spin class, Coach by Colour is Australia's first tailored cycle training program offered in a group environment. "Our state-of-the-art IC7 bikes project lights in five different colours representing personalised 'zones' that reflect how hard each member is working," says Virgin Active Australia group exercise manager Emma Masters. "The instructor can then ask members to 'work in the red', for example, knowing that the level of difficulty is tailored to each member's fitness level."

WHY YOU'LL LOVE IT "The IC7 bikes keep tabs on exactly how hard you're working, so it's no longer left to guesswork," says Masters. "And the coloured zones can really motivate you to work harder. This class is great for all abilities, from beginners to cycle pros." >

WHERE

Bourke Street & Collins Street Virgin Active Health Clubs, Vic.

WHAT IT COSTS Included with membership which is from \$29.95 per week, plus a \$160 activation fee.

FIND OUT MORE www.virginactive.com.au

YOU ♥ PLYOMETRICS, SO TRY ↓

GRIT STRENGTH

One of Les Mills' latest offerings, GRIT Strength is a 30-minute workout that combines weights, cardio and plyometrics (explosive jumping) to blast all major muscle groups. The latest in HIIT is combined with pumping music and hands-on coaches to help you improve your strength and build lean muscle.

WHY YOU'LL LOVE IT "The class is different every week, so it challenges me, and my body never gets used to it," says Weight Watchers member Demi Allan. "It involves a lot of jumping around, swinging your arms and legs in the air, and sweating more than you ever thought possible. It's the most challenging class I've ever done mentally and physically, but I do it with friends so it makes it fun."

WHERE Selected Fernwood Fitness clubs.

WHAT IT COSTS GRIT classes are included in your gym membership, which starts at \$22 a week, plus a \$199 joining fee.

FIND OUT MORE www.fernwoodfitness.com.au

YOU ♥ DANCING, SO TRY ↓

RETROSWEAT

Relive the '80s with Retrosweat! "It's a 1980s-inspired freestyle aerobic workout," says Retrosweat founder Shannon Dooley. "I think of it as a 60-minute workout hidden inside an '80s dance party."

WHY YOU'LL LOVE IT "Designed for all fitness levels, the best part is the outfit," says Dooley. "Participants dress in '80s workout gear, and even though it's not compulsory, most of us can't help teasing our hair and matching our G-string leotards with our leg warmers."

WHERE Three locations in Sydney.

WHAT IT COSTS \$20 per session; \$90 for 5 sessions; \$170 for 10; or \$240 for 15.

FIND OUT MORE www.retrosweat.com.au



YOU ♥ PILATES, SO TRY ↓

KX PILATES

Love Pilates but want to kick it up a notch? Look no further than KX Pilates. "The KX style fuses the core-strengthening elements of traditional Reformer Pilates with circuit, cardio and endurance training in a high-intensity, 50-minute workout," says KX Group marketing manager and studio owner Andi Fiorenza.

WHY YOU'LL LOVE IT "KX Pilates gives you a full-body workout and you'll learn to love the burn as it lengthens and tones your muscles, and gives you a strong core."

WHERE At the 14 KX Pilates studios in Vic and three in NSW, with more opening soon.

WHAT IT COSTS \$30 for one session, but with block packs and monthly passes, prices start from \$10.

FIND OUT MORE www.kxpilates.com.au

YOU ♥ YOGA, SO TRY ↓

ESSENTRICS

Looking for a low-impact workout that will stretch your body like yoga and tone it up like Pilates? Try Essentrics, a tai chi-inspired workout developed in Canada. "Essentrics revolves around the lengthening and strengthening of muscles," says Paul Richards, founder and CEO of Club Physical. "When you lift weights, you shorten the muscles. With Essentrics, you lengthen them first, and then you make them stronger with strength exercises."

WHY YOU'LL LOVE IT "You don't need to be coordinated to be good at it and many people really enjoy the quiet music, which is a nice change from other fitness classes," says Paul. "It's also really good for athletes who don't take time to stretch well - it can relieve pain and prevent injuries." ■

WHERE Three Club Physical locations in Auckland. You can also stream classes at www.essentrics.com

WHAT IT COSTS Classes are free with your

membership or you can attend casually for \$20 per session, which includes access to the Swedish sauna.

FIND OUT MORE www.clubphysical.co.nz