

HERE COMES THE **SUN...**  
25 **Healthy** Ways to Get Glowing

# fitness

Mind, Body + Spirit

**SHRINK  
YOUR  
BELLY!**

10 Fat-Fighting  
Superfoods

**SKIN  
CANCER  
ALERT!**

Could Your Sporty  
Habits Put You at  
Risk?

**The 7-Day  
Slim Down**

Our Easy Plan to

**TONE EVERY  
JIGGLE ZONE**

*Reach your goal!*

**8 Ways to Tap Into  
Mental Energy**

**All-New  
Sneaker  
Guide**

Best Picks for  
Every Workout

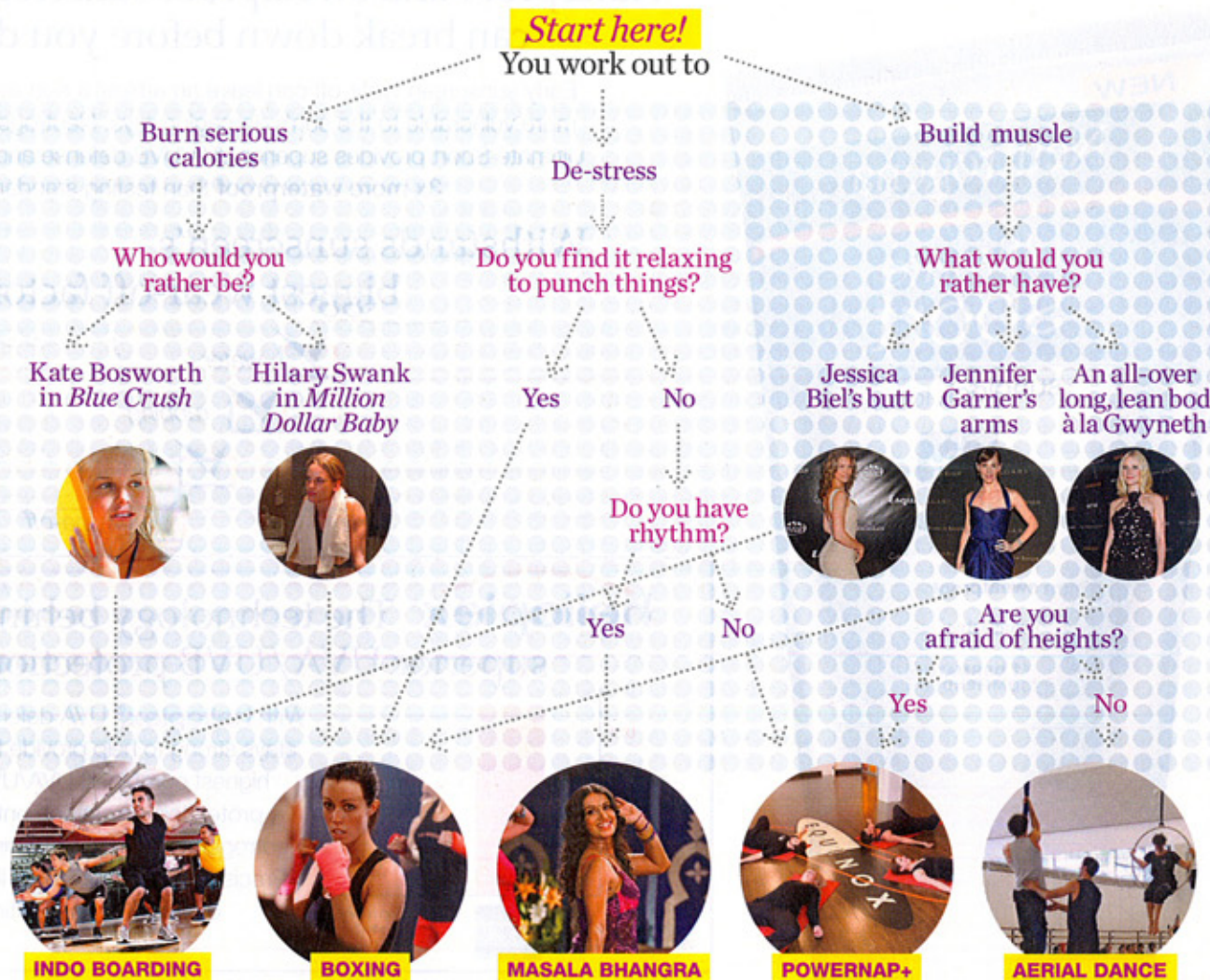
**FAIL-PROOF  
YOUR DIET**

Simple, Quick Fixes

MAY 2009  
FITNESSMAGAZINE.COM

# Find Your Fave (New!) Workout

Bored with Yogilates? All jumped out from trampoline aerobics? Meet the new fitness classes, rich in calorie-blasting promise. How to choose? Just follow our flowchart.



**INDO BOARDING**

Sculpt killer thighs, burn calories, and work your core "surfing" on a board that rolls atop a cylinder or balances on a cushion. First used as a cross-training tool by surfers, the Indo Board is now the star of a Crunch class (crunch.com). Or buy one for home; it comes with an introductory DVD (\$100, indoboard.com).



**BOXING**

Throwing the one-two punch isn't new, but it is growing in popularity. At gyms like LA Boxing, you can burn over 500 calories an hour with interval training (you do rounds on the punching bag with active breaks in between). Visit your local gym for beginner classes, or check out laboxing.com for more than 120 locations.



**MASALA BHANGRA**

Masala is a spice mix that gives Indian food a kick. Bhangra is a type of northern Indian dance. Put them together to get traditional moves set to techno and hip-hop beats that tone arms and thighs. Find a class at mysportsclubs.com, or get the *Bollywood Booty* DVD (\$14.99, acaciacatalog.com).



**POWERNAP+**

This Equinox Fitness class revs your heart rate with a few fast yoga vinyasas, then slows it down with stretches. A 15-minute meditation lulls you to sleep, so you leave refreshed (equinoxfitness.com). Not near an Equinox? Slow down with hatha or restorative yoga at your local gym.



**AERIAL DANCE**

Classes in which you improve your strength and flexibility by twirling up and down fabric strips hanging from the ceiling are soaring in popularity—there's even a YMCA that offers aerial dance. Find a class in your area by checking with local circus schools or dance centers. —R.S.

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