



TIME

FROM THE MAGAZINE

Sunday, Jan. 01, 2006

Yes, Workouts Can Be Fun

By CLAYTON NEUMAN

Nothing is better for health-club profits than scores of people still high on the holidays promising that this year will be different. It's even better for the gym's upkeep costs when those people's motivation invariably dies. Well, this year maybe, just maybe, a slew of newfangled workouts and classes will help them keep at it, losing pounds, for once, instead of interest.

GET DOWN, KICK BUTT Part martial arts, part break dancing, the Brazilian art of capoeira is coming soon to a dojo near you. Yes, even warriors boogie.

DO THE CHA-CHA Wish you had J. Lo's moves but not every one of her curves? Zumba has salsa and merengue queens shaking their way into shape.

EROTICIZE Looking for a sexy workout? More and more women who wouldn't dare hit a strip club are hitting the gym to try pole dancing. For another sultry sweat, try cardio striptease.

DISCUS Enter Gliding, a graceful alternative to aerobics. With the balls of your feet on these 9-in. disks, you can squat, slide and even "ski" in style for a full-body workout.

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