

# Weight-Loss Special! Women's Health

November 2011



## Your dream combo: **Yoga, cardio, and core conditioning**

### Get it with: **ZenCore**

When you combine yoga with functional and plyometric strength exercises, you get improved strength, flexibility, and balance. Maryanne Blake, creative director at Reebok Sports Club/NY in New York City, who developed the class, says it targets specific body parts with sequences that begin with a yoga pose (to prep the body), then transition into dynamic moves (to raise your heart rate and strengthen muscles), and then flow into a restorative pose (to stretch your body). It wraps up with meditation, leaving you feeling strong and calm.