

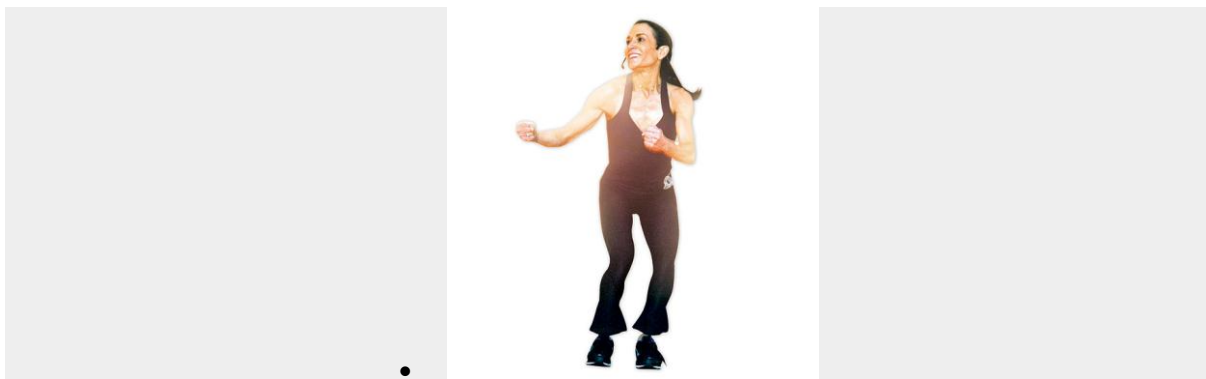
NEW YORK

Fake-Out Workouts

A new crop of fitness regimens make your body think it's actually playing a sport.

By **Randi Eichenbaum**

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Feels like: Skiing

The 45-minute cardio-heavy **Aspen Ascent** (*The Sports Club/L.A.—New York, 330 E. 61st St., nr. Second Ave.; 212-355-5100; memberships from \$176 a month*) class utilizes props like a step, light free weights, and a disc to imitate the moves you'd use while skiing. There's also an emphasis on squats and lunges, which strengthen the slopes-injury-prone knee area. **Rating:** 2