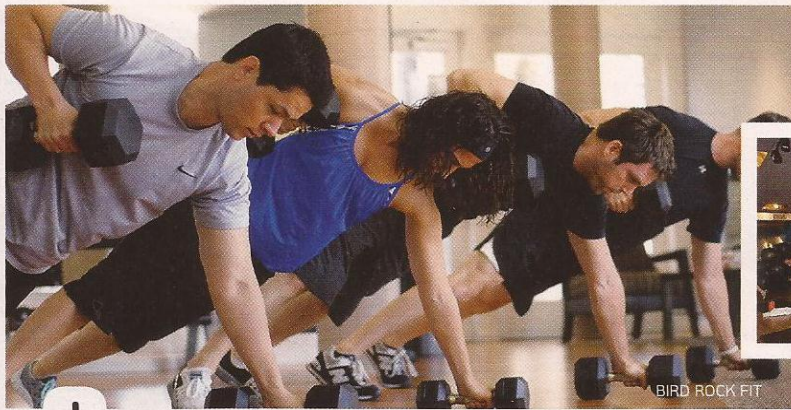
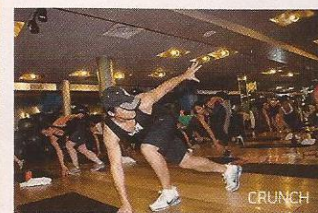


# DETAILS

SEPTEMBER 2011



**NEW-SCHOOL:** Strength training has moved into the group-fitness-class environment that was once dominated by long cardio sessions.



CRUNCH

BIRD ROCK FIT



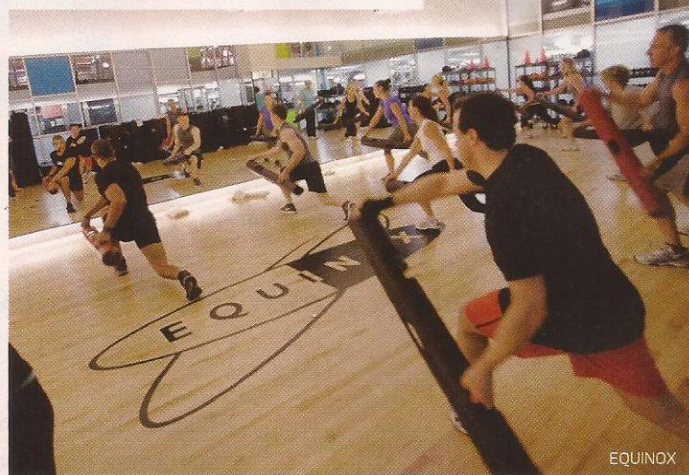
## THE GYM CLASS, REINVENTED 30 MINUTES THAT WILL CHANGE YOUR PHYSIQUE

HEALTH CLUBS AND TRAINERS ARE EMBRACING THE INTENSE HALF-HOUR SESSION. HERE ARE THE BEST GROUP-FITNESS OPTIONS.

### EQUINOX

**CITY** New York, Chicago, Los Angeles  
**CLASS** VIPIR

What distinguishes this class is its primary tool, a large rubber cylinder (known as a ViPR) that is said to be the "evolution of free weights."



EQUINOX

### THE SPORTS CLUB/LA

**CITY** Los Angeles, Beverly Hills  
**CLASS** SHREADMILL

This 30-minute treadmill interval class switches frequently between high-intensity running and walking for a metabolic and aerobic blast.

### REEBOK SPORTS CLUB

**CITY** New York  
**CLASS** STOKED PRIMAL

Unleash your inner animal with this 30-minute advanced class that mimics movements of animals like gorillas, panthers, frogs, and bears.

### SPORTS CENTER AT CHELSEA PIERS

**CITY** New York  
**CLASS** CHISEL

Using light-to-moderate-weight dumbbells, this 30-minute strength-training workout improves balance, coordination, and muscle tone.

### BODYFI

**CITY** San Francisco  
**CLASS** TRX HIT

This class uses suspension training to make participants gasp for air while building full-body strength, core stability, and improved balance.

### BIRD ROCK FIT

**CITY** San Diego  
**CLASS** METABOLIC EFFECT

Employing medium-to-heavy dumbbells, full-body strength movements, and plyometrics, this class gets as many muscles as possible firing.

## THE ALTERNATIVE TO A HEALTH-CLUB MEMBERSHIP

Ever want to take classes at various gyms without committing to one? FITIST.com, recently launched in New York City and Los Angeles, is a website that curates programs—"intense," "slim," "body & soul," and many more—from the cities' top classes for a flat fee. (The intense program, for example, allows you to choose 16 classes around New York for \$515 a month.) More cities will be added soon.

### DAVID BARTON

**CITY** Miami, New York, Chicago, Seattle, Las Vegas (coming soon)  
**CLASS** PAIN & PLEASURE

Pain & Pleasure is a weight-training/cardio workout designed to add lean muscle mass to your body and blast fat.

### CRUNCH FITNESS

**CITY** Los Angeles, Miami, New York, San Francisco  
**CLASS** EXPLOSIVE 30

This 30-minute class uses eight one-minute exercises like jump lunges and jump squats to increase explosiveness, endurance, and speed.