

# marie claire @WORK

November 2011

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## BUSY BODY WORKOUTS

For a midday jolt, duck out of the office and into one of these invigorating and efficient exercise options. Each takes less than an hour—so there's still time to grab a sandwich By Gina Way

**THE CLASS:**

ZenCore at Reebok Sports Club/NY and The Sports Club/LA

**FOR LOCATIONS:** [thesportsclubla.com](http://thesportsclubla.com)

**THIS ONE'S FOR YOU IF:** You want a yoga body without the meditation and chanting—or the 90-minute time commitment.

**THE WORKOUT:** A fast-paced series of yoga poses, strength movements, and cardio drills that works your whole body and targets the abs, glutes, and lower back. ZenCore's creator and instructor, Maryanne Blake, developed the class for type A's who'd never be caught in a yoga class. "Some people don't see yoga poses as the dynamic, strength-building moves they are—warrior pose as a lunge, chair pose as a squat, or plank as the beginning of a push-up. We'll go from plank to jumping the legs to the hands and back [like jumping jacks on the floor], or we'll flow from the muscle burn of holding a warrior pose, to moving into a lunge, then to a jumping lunge."

**TIME:** 30 minutes.

