



EXERCISE YOUR OPTIONS

The mall merchants have their own answer, but do you know why we call the day after Thanksgiving “Black Friday”? It’s because that’s when we gather to mourn the death of our diets, after having made it through opening day of what we know will be a long season of competitive eating. And no matter how much we promise ourselves that we won’t overindulge, if we have even one piece of [insert gluttonous pleasure here] at each holiday party we attend, we’ll wind up rolling into 2012 a little more roly-poly.

But even if overeating is a foregone conclusion, under-exercising doesn’t have to be. By counteracting compulsive face-stuffing with a little extra conditioning, we might manage to keep our guts from establishing their own gravitational pulls. It’s going to take some extra-creative workout ideas to tempt us to the gym during colder, shorter, and busier days, so here’s a roundup of a few new and/or novel options seducing us to sweat.

— ***Scott Kearnan***

Aspen Ascent at The Sports Club/LA (4 Avery Street, Boston, 617.375.8200). The first ski trip of the season always leaves us extra sore. (And not just from the egos bruised by being forced to retrain on the bunny slope.) It’s been a long nine months since we remembered we even have some of those muscles, so we’ll wake them now at SCLA, which introduced the ski-themed workout this fall. The hour-long class is filled with routines that replicate elements of downhill skiing. For example, some exercises emphasize interval cardio training (important for high-elevation exercise), some train the knees and ankles, and others build the balance needed to navigate slippery slopes.