



Beat your exercise boredom

Is your fitness routine growing stale?

Check out these five new ways to make getting in shape fun again

BY GENEVIEVE MONSMA

If you're sick of step class
TRY urban rebounding

What it is: A choreographed cardio class done on a mini trampoline. It's as intense as a step class, but the trampoline gives when you hop on it (while a step doesn't), lessening the impact on your back, knees, and hips.

For more info: Bally Total Fitness clubs nationwide (including Crunch Fitness and Gorilla Sports) offer Urban Rebounding classes. Log on to www.ballyfitness.com or www.urbanrebounding.com to find a location near you.

If you're sick of
low-impact aerobics

What it is: A vigorous cardio and toning class done in a pool to burn fat—and minimize joint impact. But this isn't your grandma's exercise class. Ten minutes in the pool can burn as many calories as running a 10-minute mile.

For more info: The Sports Club/LA offers "Splash" group exercise classes at gyms across the country. Log on to www.thesportsclubla.com to find a location near you.

If you're sick of hour-long toning or aerobics classes
TRY a 30- to 60-minute "combination" class

What it is: A workout that incorporates both cardio and weight-training into an hour—or less. "Most people barely have an hour to spend at the gym, so they need to maximize their time there," says Steve Zim, a Los Angeles-based personal trainer. At his gym, A Tighter U, Zim offers a class called "the all-business workout" that runs 30 to 60 minutes and includes strength-training and aerobics. A Spinning offshoot called Ripp N Ride, now rolling out nationally, is structured similarly, dividing an hour between cycling and strength training. IDEA Health & Fitness Association, an organization for gym owners and trainers, says these hybrid classes are one of the country's fastest-growing exercise trends.

For more info: Both Bally Total Fitness clubs and 24 Hour Fitness Clubs offer combo classes. Log on to www.ballyfitness.com or www.24hourfitness.com to find a location near you.

If you're sick of your
personal trainer
TRY a group training session

What it is: Three to four clients work with one trainer, who directs individual routines and leads group drills. (You all split the cost of the session.)

For more info: Find out if your gym offers group sessions—or ask a trainer if he or she would be willing to lead one for you. Log on to www.idealife.com to find a certified personal trainer in your area.

If you're sick of ankle
and wrist weights
TRY a weighted vest

What it is: A nylon vest weighing one to 50 pounds, which you wear while exercising to burn more fat. It's preferable to ankle or wrist weights, because it won't pull on your joints.

For more info: Check out www.weightvest.com.