

Unique Body Workouts

Written by Elizabeth O'Malley

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Looking to get off the treadmill and find something new? The Valley offers several alternative workouts that get you moving in exciting new ways.



Zumba

Grab a friend and dance your way through a full-body workout. Zumba incorporates Latin rhythms and combines them with easy-to-follow moves that are suitable to all fitness levels. Syd Hoffman, owner of Joyful Yoga Studio in Chandler, says her studio provides more than 10 classes per week. Considering a one-hour session of Zumba can burn between 500 and 1,000 calories, it's no wonder Hoffman finds herself adding more classes to the roster every month. Joyful Yoga Studio also offers Pilates, yoga, indoor camp and cardio kickboxing. www.joyfuleyogastudio.com.

Kickboxing



IronGloves Boxing in Tempe offers a hard-hitting way to burn calories in no time. Each session with one of their trainers takes you through 30 minutes of boxing and 30 minutes of core training. The first four sessions hone in on perfecting your boxing skills so that in the future you can achieve a more total body workout. All sessions follow with a post-workout session. The sessions also integrate jump roping and speed bags. Owner Joe Leinhauser says the gym focuses on teaching techniques rather than finding the next Mike Tyson. www.ironglovesboxing.com.

Rock Climbing

Come and go as you wish at AZ on the Rocks in Scottsdale. In your first session, professionals go through how to operate its equipment properly and how to master the basic technique of rock climbing. After that, you're eligible to roam the 14,000-sq.-ft. textured climbing terrain yourself. Get ready to work every muscle in your body. www.azontherocks.com.

Fitness intensive groups/Personal Trainers

Andrew Fodge with Fitness by Andrew blends both boot camp and personal training into one hybrid session that focuses on his client's needs. Fodge believes better results derive from an individualized experience that makes sure no one gets lost in the crowd. Each session consists of a warm-up, functional training through high-intensity movements and a cool down. www.fitnessbyandrew.com.

Planet Fitness

Beware of the "Lump Alarm" at Planet Fitness in Tempe, a gym that prides itself on providing a no-judgment zone. The "Lump Alarm" is utilized to keep noise levels inside the gym to a minimum and is rung every time noise reaches unnecessary levels. Planet Fitness's main goal is to make sure that no one feels intimidated or uncomfortable while using their facility. The weights in the facility max out at 80 pounds. Sorry, body builders: This place isn't for you. www.planetfitness.com.

Bikram Yoga



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Prepare to sweat at Bikram Yoga Paradise Valley. Bikram yoga, a yoga which is designed for both experienced and beginners of all body types, takes you through a series of 26 poses that help you work your entire body from the inside out. The room's temperature ranges from 105 to 109 degrees with 50-percent humidity. The heat works to warm your muscles resulting in deeper poses all while working to detoxify your system. Drink plenty of water before and after this workout. www.bikramyogaaz.com.