

# Claire Works it Out- Ten Weeks at Scottsdale's Karve Studio

Written by Written by Claire Perkins

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**When it comes to exercising, there are three types of people...**



The A Team: The enviable ones who have the time and will to work out regularly, look like Victoria's Secret models and are able to maintain a balanced life

The B Team: The normies who are busy with work/family/travel/social engagements, but try to make time when they can and still look hot in swimsuits

The Losers: Those who don't even try because they just can't find a workout they like, or are too lazy to try (me)

## My Problem

I am a jerk. I hate sweating, running, getting dirty, wearing Nikes and feeling unattractive when I work out. I hate gyms, elliptical machines, being outside, lifting weights, bulky muscles and mean trainers who make me feel stupid.

Although I'm not overweight or in need of a Biggest Loser-style fitness camp, there are definite areas where this girl could use some slimming and toning after a holiday season of boozing and schmoozing. And with FOUR of my BFFs' weddings (and bachelorette pool parties) coming up this spring and summer, I've found my motivation. Nothing is worse than looking gross next to a bunch of brides who are in peak physical condition.

## The Solution- Karve

I've turned to Karve Studio, an hour-long class that combines ballet barre fitness and balance; small, intense pilates-like movements; yoga-esque breathing and stretching and cool tunes. This wonder-exercise meets nearly all of my picky workout criteria and sculpts lean muscles in only an hour a session, three times a week. Kelly Ripa, the Olsen twins and tons of other celebs have similar routines to thank for their long, lean muscles. You can tell this studio works because all the instructors have insane bodies.

Karve allows any woman (or man) to work out using their body weight and exercise right at their own challenge points, without making anybody feel incapable. The longer one does Karve, the better they know the muscles each move targets and the more challenging they can make it.

Because classes work for all skill-levels (there is only "Karve" on the class schedule), you don't need to bend over backwards to get to the studio at a particular time. Accordingly, classes are never overcrowded and all exercisers receive adequate attention and assistance in perfecting the proper Karve stance, a "tuck" that engages your abs for one. entire. hour. The classes are much more difficult and fast-paced than you'd think, and were created to produce quick results. Every Karver leaves feeling exhausted, relaxed and a little bit buffer each time.

A cool bonus: Karve will push you to the max and leave you tired, but- miraculously- you never really look as red or sweaty as you normally do when you work out. I can run to a class, get an hour of intense fitness in, and roll out to meet my boyfriend for dinner without him ever knowing the difference.

## The Studio

The studios are clean, convenient and cute, with classes held numerous times daily in Old Town Scottsdale and Northeast Mesa. Classes are available individually, in packages and unlimited monthly memberships. Visit [KarveStudio.com](http://KarveStudio.com) for all the details.

## Interesting Notes:

- \*You exercise in cool socks with grippy bottoms so you don't slide around on the ground in their studio- bring your own or buy for only \$10
- \*The class schedules are all online, so you can book, cancel, check to see which instructors are teaching and plan your week in advance
- \*There are shower and lockers available so you can Karve knowing your items are safe and you can leave smelling fresh
- \*Hair ties, deodorant and other little toiletries are available, in case you forgot them at home
- \*Adorable Lululemon gear is for sale in the lobby, in case you want to reward yourself for all that hard work
- \*Childcare is available during select classes in a room right next door, so moms can get in a workout without worrying about their kiddos

## Ten Weeks to a New Claire

So here's the plan: I am giving Karve Studio a ten-week test-drive and taking notes over the course of the 3+ months. It can be a little difficult to get there during the week since my job involves normal hours plus tons of events that take place at nighttime, but I am making it my goal to go three times a week.

I'm also going to try to not slack in class (as I can be prone to doing), stop eating garbage and write about my experiences on [AZFoothills.com](http://AZFoothills.com).

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There is no weight-loss goal- I don't believe in scales- but I do plan to drop at least a dress size so I'll look bomb in my bridesmaid dress.

Wish me luck, and check back for my results!