



# FIT to the Future

IF HIIT IS 'OLD HAT' AND PILATES IS PASSE, WHAT'S THE WORKOUT DU JOUR? HANNAH BLAMEY GOES IN SEARCH OF THE HOTTEST NEW KIDS ON THE FITNESS BLOCK

## Suspension Yoga

Created by Christopher Harrison, a member of the Canadian aerial troupe AntiGravity, suspension yoga uses aerial hammocks to facilitate new and traditional yoga poses (yes, downward dog is still a staple here). Motion sickness pills, anyone?

Owner of Flight Skool in Brisbane, Iain Wisdom, says this blend of aerial arts, gymnastics and dance is a revolutionary way for students to progress.

"We like to work towards moving meditation, where we are working with music and also the breath."

Wisdom says this evolution of traditional yoga is "a little bit of a dance, with the hammock being your dance partner, and it's about learning to

orient your way to giving yourself more energy substance."

We are able to give people that experience of inversion and we also give people a lot of expression in their movements, they get the feeling of being light and floating."

Lourey-Bird agrees there are benefits, but warns beginners to hone the yoga basics before introducing height.

"If you're someone who has been doing yoga and want to extend yourself that bit more, want variety, want more of a challenge, and you have a good base, then I think it's a wonderful way to add an additional challenge to get additional results and push yourself a bit further."

[flightskool.com.au](http://flightskool.com.au)



another level, are trendy because people are becoming tired of their weekly routines.

"I think people are just looking for a bit of variety, rather than doing the same thing over and over again," she says.

Adding variety to your program with a fusion fitness class can benefit both your psyche and physique, she says.

"Variety is a really positive thing physiologically and psychologically. Physiologically it's great because you don't actually get injured from doing the same thing all the time and also, it helps prevent plateaus if you've got variety. Psychologically, variety is really important because it keeps you motivated as well."

Tara Franzinelli, creator of Jungle Fitness, agrees and says fusion classes overcome the time poverty that hampers so many fitness efforts.

"People are so time-poor now, they want to go to a class and get it all done in one hour, rather than spending two hours at the gym lifting weights and then doing a step class and then doing a pump class," Franzinelli says.

Still, Lourey-Bird warns against solely attending creative and fusion-style classes and rather,

including them as part of your regular exercise regime.

"I think fusion fitness is a great approach, but it's not the only thing you should do. I never advocate doing just the one thing over and over again. I think it's a really great way to complement an existing exercise program."

## Kangoo

Resembling a combination of rollerblades and pogo sticks, these futuristic running shoes will have

and decelerate respectively, these shoes are also said to reduce impact shocks to your ankles, knees, shins, hips, lower back and spine by up to 80 per cent.

Lourey-Bird says there are definitely physical benefits to slipping on a pair of this futuristic footwear.

"It's supposed to work you from a cardio point of view, because it really is a whole body movement. It is strengthening the muscles that you're using."

**"We're a fickle bunch, constantly looking for fresh ways to up the fitness ante."**

you bouncing along the pavements – literally!

Popular with marathon runners, aerobics instructors and celebrities (yes the Kardashians have also cottoned on to this trend), these shoes are said to be more beneficial to your limbs than traditional running shoes.

Based on the concept of rebound exercise, which demands that your body works to accelerate

Despite warning those carrying extra weight to give the boots a wide berth, Lourey-Bird says Kangoo can be a fantastic addition to an already diverse exercise regime.

[www.kangoojumps.ch](http://www.kangoojumps.ch)

## No Lights No Lycra \*Road-tested

No Lights No Lycra (NLNL) is the brainchild of Melbourne dancers



# Get the look

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**Skechers GoRun**, \$139.95.  
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GOimpulse sensors provide sensory feedback to the brain = more responsive running



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**BodyScience compression**, \$149.95.  
bscompression.com.au

Targeted compression to major muscle groups = better performance & delayed fatigue. Win your own edge, below!



Alice Glenn and Heidi Barrett, who were frustrated with the rigidity of dance classes.

"As former dance students, we were sick of trying to mould our bodies based on our teachers and the people around us. We were sick of an environment where mirrors and lights and performance were at the heart of the experience. We really just wanted somewhere to dance freely and without the pressures of being watched," says Glenn.

This freestyle form of dancing has grown so popular it has become a global movement, with outposts in Berlin, Brooklyn, London and Vancouver.

"People who never dance in public have found so much joy in dancing at NLNL. It's the night of the week when you can let your hair down and dance without worrying about what you look like. In our society that is so focused on the visual, this can be a rare and powerful experience for people," says Barrett.

With such enthusiastic endorsement from its creators, this roving reporter decided to shake her groove thing and see what all the fuss is about.

I've been known, on the odd occasion, to whip out 'the sprinkler', 'the fishing-rod', 'the shopping trolley' and yes, even 'the running man' (footwear permitting).

Yet, the idea of entering a dark, booze-free room to dance as if nobody's watching (quite literally) was slightly nerve-racking. Would

everyone else dance freely? Would everyone else show me up with their own talent? Would it actually be dark?

The 'no lights' bit presented a challenge with the daylight-savings sun beaming in, but any doubts concerning my ability to bust-a-move dissipated the moment Barry White started blaring through the hall.

Despite having no instructors and no specific steps and moves, noone seemed to have trouble keeping moving for the entire 90 minutes.

While I did feel I got a bit of a workout, the psychological benefits are the real drawcard.

"NLNL allows everyone the freedom to go at their own pace. You can work up a sweat or just come and sway from side to side, whatever your body needs on the day. It can be a head-to-toe workout if you want it, including your cheeks from all the grinning," says Barrett.

[nolightsnolycra.blogspot.com.au](http://nolightsnolycra.blogspot.com.au)

## Jungle Fitness

After spending 12 months consulting to the health and fitness industry in New York and LA, Tara Franzinelli was frustrated with the lack of diversity in workout classes back home.

Enter her proprietary fitness regime, Jungle Fitness. A fusion of dance, boxing, football training, Pilates, kickboxing and cage fighting, Jungle Fitness

comprises four different classes to target every area of your body.

"We make sure that in every class there's a combination of cardio training and strength training, so doing things like squats and lunges, so you're also toning your body," Franzinelli says.

Don't be deterred if your hips won't shake like Shakira's, either. "A 50 year-old lady who's never danced in her life can actually do the classes," says Franzinelli.

Lourey-Bird agrees that the uncomplicated style of Jungle Fitness is a plus.

"I imagine the music would be really inspiring and motivating and uplifting and I think also you don't have to be really good at one particular thing because it's such a high breed of different dance types and movements and activity. I think that's really positive," she says.

The number one thing to remember about Jungle Fitness, according to Franzinelli, is that "it's fun and it's easy and it's pretty wild".

[thejunglebody.com.au](http://thejunglebody.com.au) ■



## FITNESS FORTUNE TELLER



Fusion fitness is just the tip of the iceberg, according to the organisers

of Australia's premier fitness and health expo, being held in Sydney on 28 and 29 April. The Fitness & Health Expo is tipped

to showcase cardio classes incorporating inflatable steps, a high octane musical Pilates, and the fastest running shoe in the world. To celebrate innovation in fitness and health, The Fitness & Health Expo is giving away a BodyScience Hydroxy Bum Pack for women worth \$2,500 RRP\*,

with bars and bites, compression & sports gear, and more.

To enter simply pre-book your expo ticket online at [www.fitnessexpo.com.au](http://www.fitnessexpo.com.au).

\*See online booking for all terms and conditions relating to the prize pack promotion and competition. NSW Permit Number LTPS/12/01283