

Putting fun into fitness

# Move your body to a fresh beat

Ditch boring gym routines for our top five workout trends

## Pole dancing

GONE are the days of pole dancing being confined to dingy, smoke-filled nightclubs. It has undergone a complete facelift and is a sport in its own right, with everyone from 20-somethings to women in their 50s taking it up with the aim of getting fit and having some fun along the way.

"Women come to our classes because they are bored with what is being offered at the gym," Jennifer Critelli, director of Studio Verve Dance Fitness in Surry Hills, says.

"We like people to be comfortable and we don't wear heels in our classes, but sneakers instead.

"We are leaping across the stage a lot of time, so heels wouldn't make sense in our type of pole dancing."

Critelli trained in classical ballet but she says no dance background is necessary for those wanting to take up the sport.

"The most important thing is that women increase their general fitness, core-strength and muscle tone," she says.

"I've also had women tell me it has done wonders for their self-confidence."

**Details:** Studio Verve, Surry Hills, 9281 9332, [studioverve.com.au](http://studioverve.com.au); Pole Perfect, Narellan, 0410 796 936, [poleperfect.com.au](http://poleperfect.com.au); Vertica Dance Fitness Centre, Brookvale, 0406 500 093, [verticadancefitnesscentre.com](http://verticadancefitnesscentre.com)

## Trapeze

A FEW years back, you knew something was top of the zeitgeist pile when it became a *Sex And The City* episode. And that is what happened with trapeze when Carrie went out to investigate the high-energy hobby in a 2003 episode.

It's the kind of fun you haven't had since primary school. The sense of freedom is extraordinary.

**Details:** Sydney Trapeze School, 9557 9668.



## Zumba

PART Latin dancing, part aerobics and definitely calorie-burning, Zumba is the latest dance sensation taking Australia by storm.

Created by celebrity fitness trainer Beto Perez, Zumba is taught in more than 70 countries but only arrived on our shores last year.

The energetic routines combine fast and slow rhythms and resistance training to tone and sculpt

