

SO RI Fitness Feature

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What Color is Your, um, Jock Strap?

Workouts based on your fitness personality type...

by

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Welcome to February, where your belt's still on the last hole, the waistband on your pants is cutting into your breathing and you're 21 days into breaking your usual New Year's resolution of getting into shape. Your parachute? Who cares. What you really need to determine is What Color is Your Jock Strap. Figuratively speaking, of course. Look at it this way: Would you be in banking if you hated math? Then why Sweat to the Oldies if Jay Z is your man? Follow along, as this revolutionary fitness quiz sets the self-help world on its head and gets you off your, well, you know.

Do you:

Break out in a rash when you think of exercising?

Rate sweating along the same lines as getting H1N1?

Sit on the couch and watch your aerobics DVD's

Personality: The Playmate-for people in need of a bit of fun.

Take it back to the playground for an hour of Hooping, yes, as in hula. But instead of the plastic, light as air variety, you'll gyrate to rocking music with adult sized weighed hoops, for cardio and toning of your entire core. Your hips won't lie. World Gym, 55 Village Square Drive, Wakefield. 792-9800, www.worldgym.com.

Granted, the bathing suit aspect might be a little overwhelming when you're first trying to get back into your favorite cords, nevermind bikini. But no one's judging during Aqua Zumba, a pool party combining the dance energy of the Latin rhythms with the resistance of water. Newport Athletic Club, 66 Valley Road, Middletown. 846-7723, www.newportathleticclub.com.

Sometimes, being a parent sucks--especially when you are waiting for your kid to finish up their tumbling class, and you want to get in on some of the fun. Now you can exercise while you wait, using Gymnastics training techniques, equipment, as well as a chance to meet with a nutritionist. Aim High Academy, 3355 South County Trail, East Greenwich. 886-7827, www.aimhighacademy.com.

Want a chance to take out your Spanish professor nice and legal like? Gather a Dodge Ball team from the URI community, to burn calories, and avenge the score of your final oral exam all at the same time. University of Rhode Island, Recreational Services, Mackal Field House, 3 Keaney Road, Kingston. 874-5926, www.uri.edu/athletics/recservices/intramuralsports.html.

It's not called B-A-Dminton for nothing. Show the shuttlecock who's boss with pick up games in the gymnasium on Sundays from noon-1:30pm. Members play for free, but outsiders can strike fear in the competition by assembling an Olympic worthy team, for a \$35 entry fee.

Ocean Community YMCA, Mystic Branch, 1 Harry Austin Drive, Mystic, CT. 860-536-2049,
www.oceancommunityymca.org.

Do you: Think that a nice Sunday jog totals around 17 miles?

 Can bench press the weight of your immediate family?

 Enjoy any of the following: 'the burn', grunting or a racing heart?

Personality: The Challenger--for the super, hardcore exerciser.

Don't scoff at the Valslide. These seemingly unassuming pieces of foot sized plastic and non-skid foam, designed by Valerie Walters, trainer to the stars, are the basis of an intense 45 minute total body workout. And thanks to the controlled motion, you'll work muscles you didn't even know you had. River Bend Athletic Club, 316 Columbia Street, Peace Dale. 789-9585,
www.riverbendac.com.

Sure, owner Chick Gavitt is a certified Fitness Kickboxing instructor--plus a 7th degree Black Belt in Okinawan Shorin-Ryu Shidokan, a 3rd degree Black Belt in Shorin-Ryu Shorinkan and a 3rd degree Black Belt in Okinawan Weapons, with training in Krav Maga, Uechi-Ryu and Arnis. Tae who? Ichiban Karate Studio, 228 Robinson Street, Wakefield. 789-3380,
www.ichibankaratstudio.com.

Take it to the cage, baby. That's right, Mixed Martial Arts Training, featuring intense instruction in areas like self defense, street combat and boxing, will prepare you to soundly defeat your opponent, even if it's just the lbs. that has been creeping up on the scale. Battleground Training Center, 461 Main Street, East Greenwich.
www.battlegroundtrainingcenter.net.

If you have a burning desire to lube your newly defined muscles up with oil, then head under the hot lights of competition, you've come to the right place. Owner Jesse Amarelo has been know to train a champion or two in Power Lifting, so you can grab a couple of gold statutes to accompany your spray tan. Ultimate Fitness, 15 Gooding Avenue, Bristol. 253-3539, www.ultimatefitnessgym.com.

A competition log book with a pedometer? Could you be any more there? Shape Up RI is a twelve-week contest among friends to eat healthier, while increasing physical activity. Choose a team, then sign those unsuspecting suckers up for all three categories of competition, including weight loss, exercise hours and pedometer steps. 421-0608, www.shapeupri.org.

Do you: Believe strongly in the mind/body connection?

Enjoy working your body into pretzel like shapes?

Have a softness in your heart for mystical fairies?

Personality: The Discoverer--following the path to self enlightenment.

Spend a little time on the contraption that is the Gyrotonic tower, and you'll elevate yourself to a place of workout cool that only a sophisticated system of pulleys and weights can take you. Or opt for low tech with Pilates on the Ball, to challenge balance and strength. Pilates West Bay Studio, Harbor Hill Complex, 5 Division Street, 2nd Floor, East Greenwich. 261-4137, www.pilateswestbay.com.

What's so funny? You still might not know, exactly, after a session of Laughter Yoga. But really? Does it matter? You'll learn the history of the practice, engage in some yogic breathing

then move onto a series of playful exercises and scenarios to encourage giggling. All That Matters, 315 Main Street, Wakefield. 782-2126, www.allthatmatters.com.

Breathe in. Breathe out. But know you haven't really inhaled until you've experienced Full Wave Breathing. Regular practice of this exercise, taught in a private solo or group session, increases circulation, provides an internal massage, while also increasing your breathing capacity and life force of energy within your body. The Life Breath Institute, The Elms, 378 Main Street, East Greenwich. 258-6537, www.thelifebreathinstitute.com.

If you've ever been in the grocery store and wondered, 'How could I push this cart more effective?', Yang Style Tai Chi Chuan aims to give you this direction, by improving your ability to do daily physical activities while remaining balanced. The next session of the ten week class starts March 31st. Try not to ram anyone in the cereal aisle before then. Peace Dale Office Building, 1058 Kingstown Road, Peace Dale. 789-9301, www.southkingstownri.com.

Mapping out a life path? You know how that goes. Perhaps a healthier bet is to explore the energy pathways circulating throughout your body with Meridian Yoga. Each session engages a specific path by focusing on yoga postures to activate and balance the circulation of prana (vital energy) throughout the body. What else could you need? Focus Yoga, 63 Cedar Avenue #10, East Greenwich. 354-9129, focusyoga.com.

Do you: Really own a jock strap? (No details please.)

Consider yourself one of the guys?

Just want a minute to bond with your brothers?

Personality: The Manly Man--no girls allowed.

With origins in Russia, the Kettle Bell Training Class has testosterone written all over it at hello. This one hour class of total body strength training also includes yoga stretches, flexibility drills, to, you know, balance out the potential machismo flow. West Bay Family YMCA, 7540 Post Road, North Kingstown. 295-6501, www.ymcagreaterprovidence.org.

Talk some smack on the open court, Obama style, with a Basketball game courtesy of open gym time during the day, barring any private bookings. Or air it out with Racquetball or on the Squash court that's home to two teams from the state squash league. River Bend Athletic Club, 316 Columbia Street, Peace Dale. 789-9585, www.riverbendac.com.

Channel Rocky (the original 1976 one, not the 2006 version who just makes everyone a bit sad and sorta nervous) with a Boxing inspired workout. Take to the heavy and speed bags as a part of a total body workout, then mark your progress with a few rounds in the USA Boxing Approved Ring. One Six One Boxing, 1 Charlestown Beach Road, Charlestown. 829-0276, www.161boxing.com.

You're going to have to wait a bit, the next five week Golf Personal Training Group doesn't begin until May, but isn't there something to be said about anticipation? This one hour course aims to promote core strength, stabilization and overall flexibility, to help improve your game, on the green, not in the bar. Gold's Gym, 1000 Division Road, East Greenwich. 223-4444, www.goldsgym.com/egreenwichri.

Tired of hating on, and being shown up by, that chick who can stretch her upper body through her legs and have a conversation upside down? This ongoing Men's Yoga Class, held every Wednesday at 6:15pm, won't let her in. Village Wellness Center, 422 Post Road, Lower Level, Warwick. 941-2310, www.villagewellnesscenter.com.

Do you: Apply mascara in the rear view while you're driving?

Wish there were another four hours in the day?

Find yourself taking that call, no matter what you're doing?

Personality: The Multi-Tasker--packing the punch in a small amount of time.

The simple admission that you Hate Your Butts and Gutts, will put you on the road to recovery---quickly. This no mercy thirty minute workout is designed to attack those problem areas efficiently and effectively, with the promise that you'll leave with a little less of yourself. Core Fitness, 5600 Post Road, East Greenwich. 886-4700, www.corefitness.us.

So, when you belong to a gym that's open 24 hours, 365 days a year, what kind of excuse can you come up with not to go? Exactly. There is none. Especially when you hold the key, giving you the ability to access the club on your time. Anytime Fitness, 22 Kingstown Road, Wyoming. 491-9900. 55 Sandy Bottom Road, Coventry. 822-0300, www.anytimefitness.com.

You can get delivery of Chinese food, your dry cleaning, DVD's, and now, thanks to Exercise Solutions, the only full service mobile personal training and lifestyle coaching company in Rhode Island and Massachusetts, a home work-out. Crohn's Disease sufferers will get the added benefit of an ally in James, who lives with the disease. James Schenck Exercise Solutions, Coventry. 263-6221, www.jschenckexercisesolutions.com.

Start the timer. Personal trainer Brian Fracassa offers up Quickfit, a 30 minute fitness training that promises to burn fat and tone muscle in two weekly sessions. Quickfit2Go brings the equipment and motivation to you, so you don't spend more time in the car, than on your workout. Fracassa Fitness Group Bodyworks Training, 1060 Park Avenue, Cranston. 463-8500, www.ffg4u.com.

Ride like the wind. Spin Express is a 45 minute group stationary bike ride, with no complicated moves to learn, just a motivational environment, music that begs your legs to pedal, minus the distraction of road hazards like barking dogs, or ugly helmets that give you hat head. Luxe Fitness Club, 116 Granite Street, Westerly. 596-9400, www.luxefitnessclubs.com.

Do you: Scoff at fourteen degrees?

Find the burn sensation of cold air in your lungs invigorating?

Have a wardrobe constructed of thinsulate, thermal and fleece?

Personality: The Outdoorist--subzero temperatures be damned.

Anyone can learn how to ride the waves in mid-July. But Winter Surfing separates the men from the boys. (Or women from the girls.) You've got two chances left, on February 27 or March 27, to see if local pro Peter Pan thinks you've got what it takes. Learning Connection, Narragansett. 274-9330, www.learnconnect.com.

Snow Tubing may not seem like the most obvious of exercises, especially when you're cruising down one of the perfectly packed lanes. But once you've reached the bottom of the hill, you've still got to hoof it back to the top. And once you fork over the \$12, your workout will continue for the duration of your 50 minute ticket. Yawgoo Valley, 160 Yawgoo Valley Road, Exeter. 295-2276, www.yawgoo.com.

Work it out old school with a couple of laps around the rink at the Sovereign Bank Family Skating Center or with a bit of Snowshoeing or Cross Country Skiing at your local park, capped off with a snowball fight. Newport Yachting Center, America's Cup Boulevard, Newport. 846-3018, www.skatenewport.com. Rhode Island State Parks, www.riparks.com.

Protect those limbs before you hit the slope with a Wednesday night Sports Yoga class. This hour and fifteen minute practice, running from 5:45-7pm, helps to strengthen your legs and core, with the intention of providing your body with rad protection from your snowboarding antics. Simply Yoga, 1146 Main Street, Hope Valley. 932-0965, simplyyogari.blogspot.com/.

How does a Top Rope Ice Climbing outing grab 'ya? Granted, you've got to have your own ice gear, and have previous rock climbing experience, but sign up for the Rhode Island division of the Appalachian Mountain Club and you won't just get outside---you'll get outside, thanks to an active calendar of local and regional events for all abilities. Appalachian Mountain Club, Narragansett Chapter. www.amcnarragansett.org.