

# ANTI-WORKOUT WORKOUTS

*While a spoonful of sugar may make the medicine go down, some people need to be equally wily with their workouts. We've found the sweetest ones—you'll barely realize you're exercising.*

BY SOPHIE-CLAIRE HOELLER

## ■ ANTIGRAVITY AERIAL YOGA

Downward dog on a plain ol' mat not tough enough? Try your sun salutation suspended from a silk hammock. The mission statement speaks for itself: "Antigravity Aerial Yoga inspires fitness through levity. Through the pursuit of anti-gravity, we can create a lighter existence." Basically, this acrobatic yoga claims to increase overall health and physical agility, and strengthen the core and upper-body by incorporating components from dance, Pilates and calisthenics. Just watch out: "participants leave class feeling for a moment that they have slipped the surly bonds of earth, sprouted wings and realized the dream of flight." [antigravityyoga.com](http://antigravityyoga.com)  
Miami, San Francisco, LA, Austin, Atlanta, NYC

## ■ SURFSET

Surfers are pretty cool. But

you know what's not? The possibility of drowning, freezing water and schlepping a massive board. Enter SurfSet, indoor surfing so realistic you can almost feel the sea water spraying your sun-kissed face. You'll find yourself stomach-down on a RipSurfer X—a wobbly plastic board atop inflatable stability disks—padding for dear life towards a video projection of crashing waves. The exercise, just like real surfing, is meant to build balance, core strength, aerobic conditioning and lean muscle. Because, as SurfSet claims, "the body builder look is out, and the lean surfer physique is in." [surfsetfitness.com](http://surfsetfitness.com)

## Multiple Destinations

## ■ JUKARI FITTO FLY

If you've always dreamt of running away with the circus, this workout is for you. The



only official Cirque du Soleil-endorsed fitness class (created in conjunction with Reebok), this imaginative workout combines cardio, balance and core training on a unique FlySet—a type of trapeze specially created by Cirque du Soleil—that strengthens and lengthens your body. Creative choreography will keep your mind from wandering... just ask famous fans like supermodel Bar Refaeli and Kim Kardashian. [cirquedusoleil.com](http://cirquedusoleil.com)  
NYC

## ■ SKYPERFORMANCE

Trampolines have been making

appearances at more and more gym classes across the country, and now they're finally made the focal point of a gym. Sky Zone Sports is a place devoted entirely to jumping up and down. Sky Zone has over 30 havens of hop, with more on the horizon. Burn up to 1,000 calories per hour just bouncing around at SkyPerformance classes, which combine calisthenics, core exercises and strength building aerobics on all-trampoline playing courts. [skyzonesports.com](http://skyzonesports.com)

## Multiple Destinations

■ **RICHARD SIMMONS SWEAT!!!** Channel your inner '80s goddess; grab your shiny leopard leotard and neon legwarmers, and "take control of your fitness destiny" with the famous Richard Simmons. Enjoy rockin' routines set to today's hottest hits and golden oldies with the be-fro-ed guy who made fitness videos like *Dance Your Pants Off!* and *Party Off the Pounds!* Classes include cardio, weight lifting, pushups, sit ups, and, of course, lots and lots of saucy gyrating. [richardsimmons.com](http://richardsimmons.com)  
LA

BY MEGAN SOLL

EAT LIGHT, EAT RIGHT



*NY dietician-to-the-stars and creator of "The F-Factor Diet," Tanya Zuckerbrot dishes on how to travel with an eye on nutrition.*

- 1 What do you tell clients before they go on vacation?** "Eat three delicious meals each day. I always say 'eat breakfast like a king, lunch like a prince and dinner like a pauper.' You can afford to front-load your day with a big healthy breakfast because you'll burn those calories off doing things like swimming, tennis or walking. **Go ahead and indulge a little bit.** Three bites of anything won't derail your diet."
- 2 What are good, healthy snacks to pack for a flight?** "Pick something tasty that satisfies hunger and gives a **nutritious boost without a lot of calories.** Great choices include fresh fruit, veggies and hummus, Greek yogurt, jerky, whole wheat crackers, low-fat string cheese and nuts."
- 3 How do you maintain your own diet while traveling?** "I do **keep an eye on portions**, but when I'm visiting someplace new I make sure to enjoy the local cuisine. In Mexico, I love fresh ceviche."
- 4 What are your top tips for eating healthy but still enjoying your vacation?** "Stay hydrated, don't skip meals, and try not to go more than four or five hours without eating. **Avoid sugary foods right before bedtime. Eat foods high in fiber,** because fiber boosts energy and satisfies hunger. Fruits and vegetables are a great source of fiber, and they're always easy to find and enjoy. Most importantly, **don't deprive yourself.** Vacations are meant to be enjoyed."