

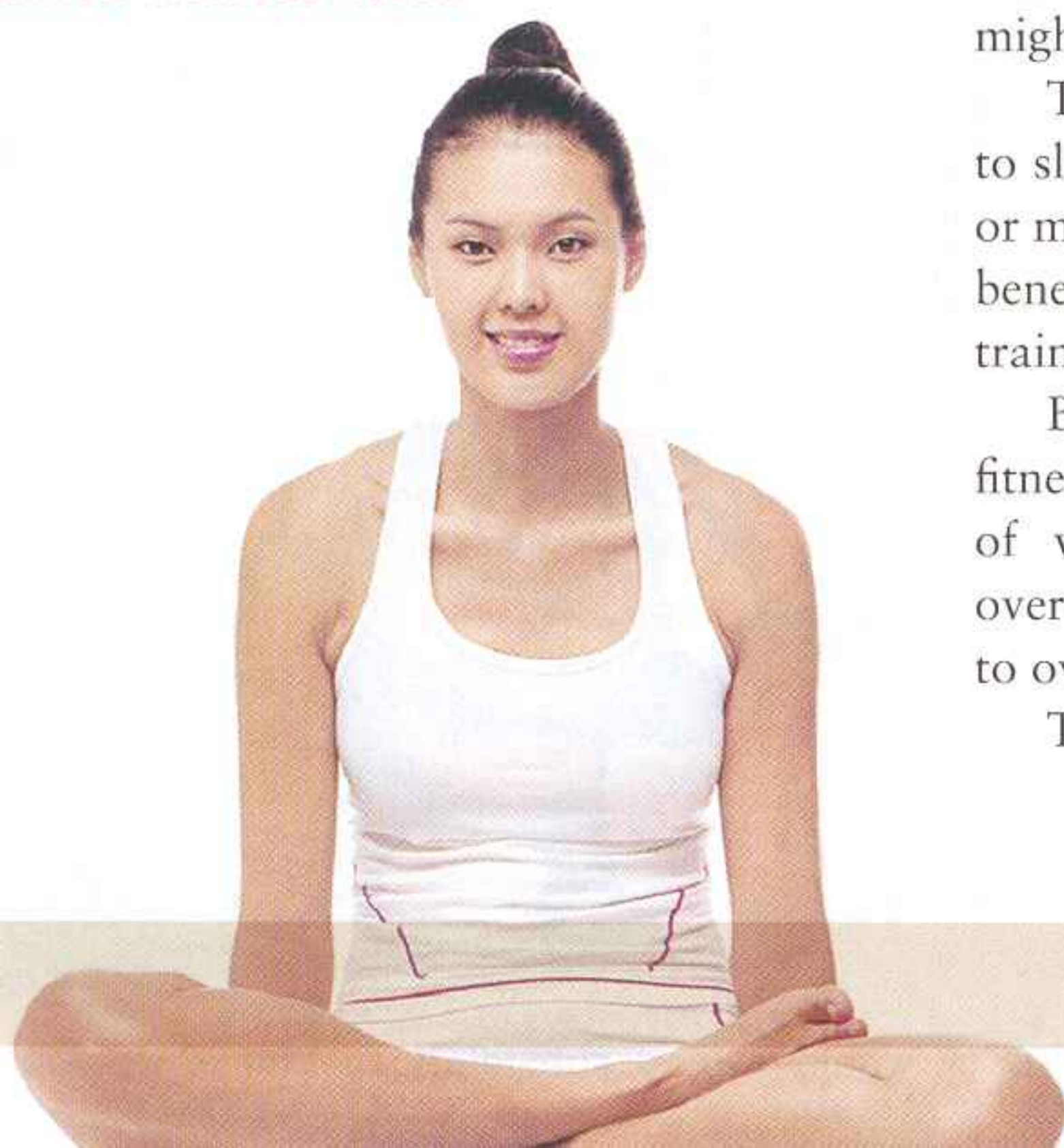


# fusion

# fitness

**It's the new wave in workouts. What's great: Its combination of exercises doubles or triples your benefits – and makes fitness fun!**

TEXT JANALIN TAN PHOTOS TRUE YOGA



**I**t's taken the United States by storm. And now, fusion fitness is fast making inroads in Singapore.

What it offers is a whole slew of new routines that combine classic forms of aerobics and cardiovascular movements, such as dance and gymnastics, with elements of yoga, taiji, Pilates and/or shiatsu.

A combination platter of exercises, you might say!

The great thing is that you no longer have to slog at just one boring routine. You get two or more exercises with double or even triple the benefits. Better still, you get a dynamic cross-training workout for your mind and body.

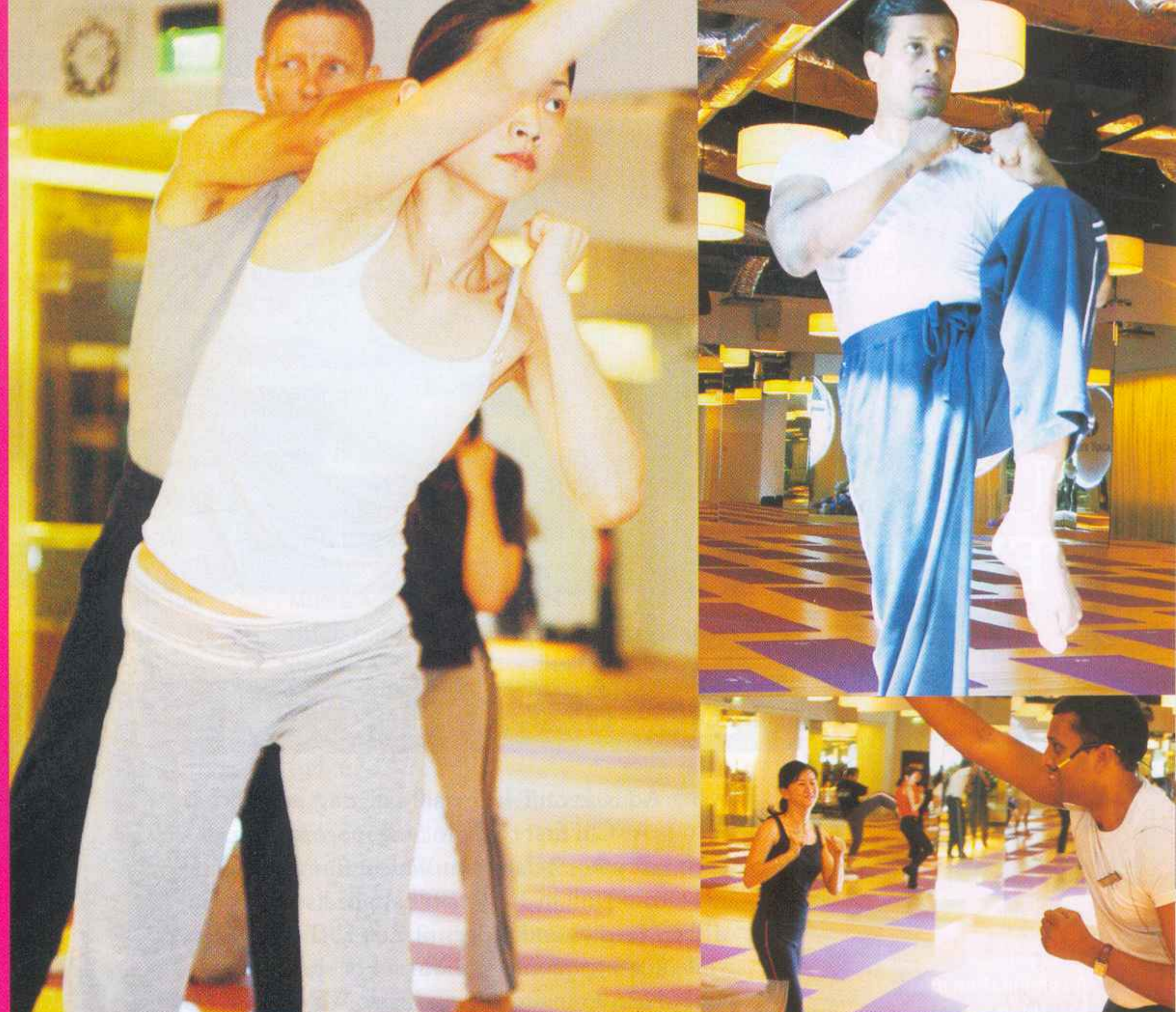
Besides the growing popularity of fusion fitness classes, there's also an increasing variety of water exercises. Ideal for anyone from overweight tweens to stressed-out PSLE mums to overworked and unfit dads.

Tempted to get fused? Here's a sampling...



## FUSION FACTS

- Provides more variety in a one-hour workout that combines all the fitness components of cardiovascular conditioning, strength and flexibility.
- Holistic elements help the mind focus and cleanse the spirit.
- Less mundane routine prevents injury from repetitive stress movements.



## Yoga-combat

**WHAT:** Karate + kickboxing + Thai boxing + yoga  
**ORIGIN:** First came to Singapore in November last year.  
**HOW:** A vigorous cardiovascular yoga workout incorporating pumping actions of karate, kickboxing and Thai boxing. Requires a higher level of fitness.  
**BENEFITS:** A cardio, strength and endurance class helps you burn more calories than a three-hour cardio workout. Besides losing weight, you also achieve a slim, strong, toned and flexible body.  
**FIRST-TIMERS:** Classes start at beginner's level. If you have health problems, check with your doctor or physician on your fitness level before deciding which class to take.  
**MUMS:** (See Ai-chi/Watsu on the next page.)  
**WHERE:** True Yoga, 9 Scotts Road, Pacific Plaza #04-01 (tel: 6235-9919)  
**INSTRUCTOR:** Vijay Kumar is from Visakhapatnam, India, and is a martial arts expert in karate, kickboxing and Thai boxing. He spent six years learning with Master Kamal S. in India and has taught for more than 11 years. He specialises in Combat Yoga and Ashtanga Vinyasa Yoga.  
**COST:** Membership packages start at \$88 a month.

