

Chandler

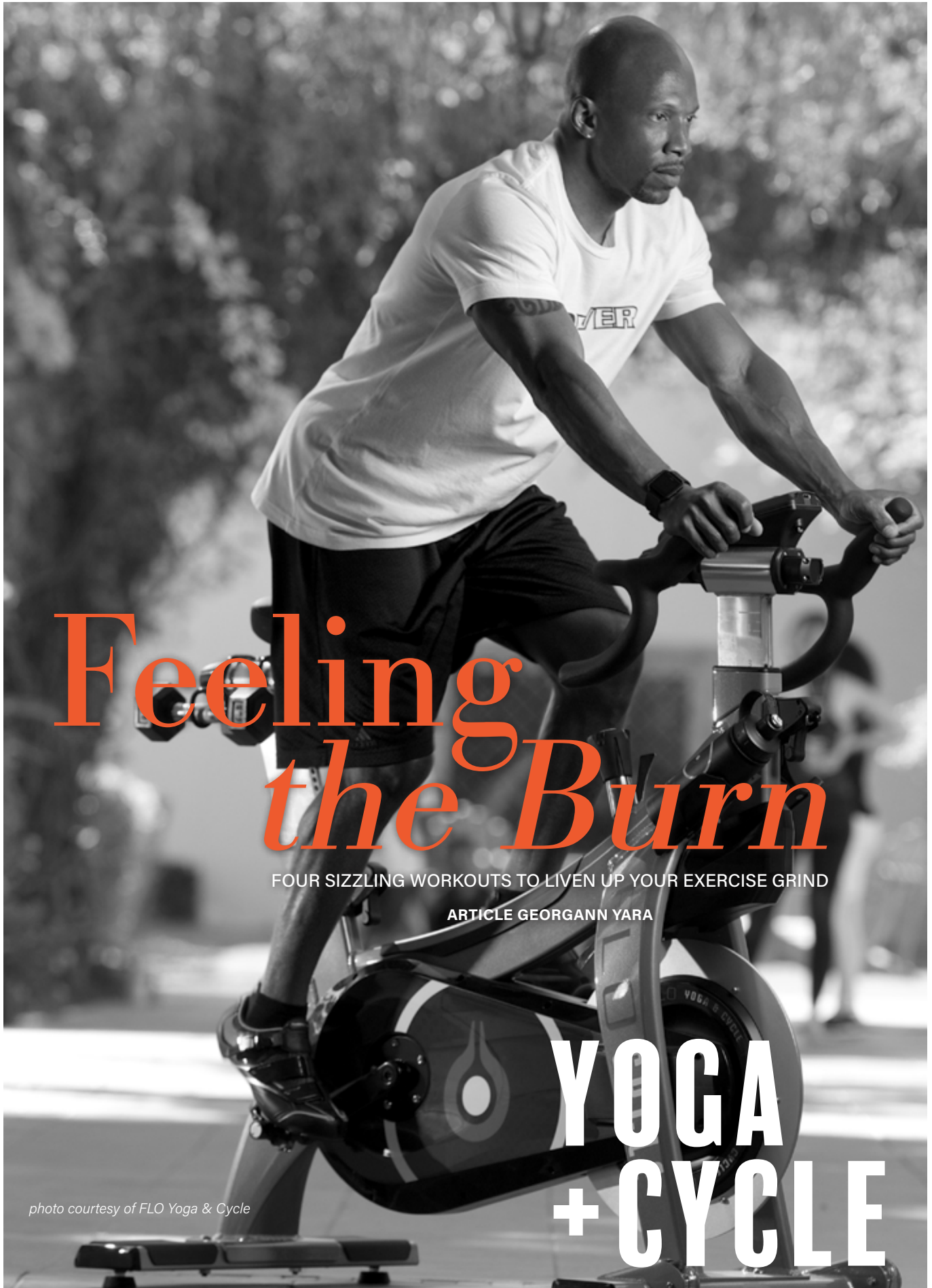
ChandlerLifestyle.com

JANUARY 2018

L I F E S T Y L E ™



HEALTHY
—
& ACTIVE



Feeling the Burn

FOUR SIZZLING WORKOUTS TO LIVEN UP YOUR EXERCISE GRIND

ARTICLE GEORGANN YARA

**YOGA
+ CYCLE**

photo courtesy of FLO Yoga & Cycle

IF YOUR WORKOUT ROUTINE IS BECOMING, WELL, ROUTINE, PERHAPS IT'S TIME TO BREATHE NEW LIFE INTO WHAT MAKES YOU SWEAT. And, there's no shortage of hot exercises that are sure to get your heart pumping, muscles burning and mind racing—all in a good way.

Kick off the New Year with one of the new fitness trends that's inspiring both veteran and rookie exercisers to hit the studio. Here are four that pledge to make getting fit, fun.

YOGA + CYCLE FUSION

WHAT IT IS:

FLO's yoga and cycling fusion classes combine two exercises that put the body through its paces, yet are gentler than jarring running or jumping workouts. "Cycling and yoga are low impact. It's a smoother movement for the joints without the impact," says Debbie Davis, who owns FLO Yoga & Cycle with her husband, Eddie. A fusion class is comprised of 30 minutes of cycling followed by 30 minutes of yoga, like active flow yoga or calming yin yoga that focuses on deep stretching.

WHY IT WORKS:

The mash-up means the body doesn't have time to figure out how to go through the routine with as little exertion as possible. This, Eddie explains, is the key to progress. "If you do the same things day in and day out, your body won't allow itself to get faster or more flexible. The variety at FLO ensures your body is not going to plateau and because you're always making gains, you want to come back to the workout," Eddie says.

WHY IT'S HOT:

Results without pain. A 15-year veteran of the Canadian Football League, Eddie values tough workouts that aren't punishing. Mixing it up also keeps it fresh. "We are creatures of habit," he says. "People will tend to do the exact same workout day in and day out, and it's monotonous. Here at FLO, it's never the same." Get in the FLO at FloYogaCycle.com.