

FIND YOUR FITNESS

Katy Workouts to Fit Every Exercise Style

Pilates and yoga workouts can help you improve your focus and overall strength



Written by Kelly Isenberger

W*With swimsuit season just around the corner, many Katy residents may find themselves searching for a fitness program that gets them off the couch and motivated to stay healthy again. Varying your workouts, attempting new things, or adding a challenge may just be the thing to get you moving and in shape. The Katy community offers a variety of fun fitness programs that will add a zing of flavor to your workouts.*



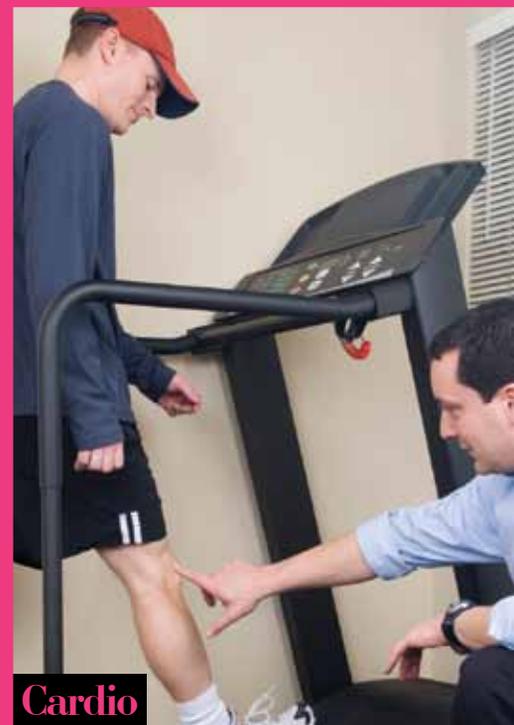
Aerobics



Yoga



Martial Arts



Cardio



Jazzercise



Ballroom Dancing

Mix It Up with Martial Arts

The ancient Korean martial art of Tae Kwon Do has won the favor of many Katy families. Moms and dads who watch their children take lessons in this self defense technique that teaches the body and mind are beginning to realize it isn't just for kids. More and more, adults have discovered the healthy benefits of Tae Kwon Do, which incorporates techniques from kickboxing and includes stretching, balancing, core strengthening, and a cardiovascular workout. Angus Pollard of Katy Tae Kwon Do and Jiu-Jitsu Academy explains, "The best part of it is you are not just working your body. You are also challenging your mind. It is a lesson every time you come." Katy Tae Kwon Do and Jiu-Jitsu Academy offers daytime and evening classes for both adults and kids throughout the week.

Challenge Yourself with Boot Camp

"Boot camp is just fitness in the park," explains Karen Mones, program director of Houston Adventure Boot Camp. In a fitness boot camp, you use the terrain around you to be creative, find ways to build strength, and get a good cardio workout. Groups meet outdoors and are traditionally circuit-based, meaning you will change from one activity to the next. Boot campers have been known to do extraordinary feats like push cars down the street and tires across a field, although a more typical workout includes jumping jacks, running, and drills using your own body weight. "The workouts are different all the time," says Mones. "That is why everyone loves it. It is never the same thing." Fitness boot camps are for all levels of fitness and the camaraderie, motivation, and competition that come with working out as a group will allow you to push further than you ever thought possible.

Turn up the Volume with Jazzercise

Jazzercise will get your heart pumping and your feet moving to a variety of music, with classes that incorporate dance, resistance training, Pilates, yoga, and kickboxing. Teresa Wagstaff with Jazzercise in Katy explains, "It's a fun and effective workout that will keep you wanting to come back to class, and when you love your workout, you will stick with it. We are never boring and this is a program that's anything but routine." The choreography changes often, as does the music, and jazzercise is open to all levels of fitness and age.

Stretch and Strengthen with Yoga

If you are looking to slow things down a bit, try adding some focus into your workout routine. Yoga has been used over the years as a way of stretching and strengthening the body. It integrates breathing with holding certain poses and body positions to create strength and flexibility. Kristin Abel, an experienced, registered yoga teacher at Yoga West, encourages others to make it a part of their exercise regimen. "You can use yoga to enhance your fitness routine," she says. "It is a great complement to many other activities, such as running or cycling." Yoga offers a holistic approach to wellness. It is an excellent tool to increase balance, flexibility, and strength and with time, can help you achieve a longer, leaner, more defined body.

Get Moving with Ballroom Dancing

Dancing with the Stars has brought ballroom dancing into our living rooms, and many Katy residents have discovered that it is also beneficial to their health. Kyle Cox, studio manager of the Katy Fred Astaire Dance Studio explains, "Not only is ballroom dancing a mild form of aerobic exercise, it has also been shown to be a great preventative for dementia." Many couples take dance lessons together, and they have found it to be a great idea for date night that offers a workout at the same time. The Katy Fred Astaire Dance Studio offers many types of dancing, ranging from the traditional foxtrot and waltz, to country western, swing, and Latin dances such as the salsa. Cox suggests, "Keep it simple, fun, and easy at first. Dancing is a great way to get moving, have fun, and it is good for your heart."

Personalize Workouts with a Trainer

Personalizing your workout with a fitness trainer will maximize the use of your time and energy, making you more effective at achieving your fitness goals. A personal trainer will spend time with you evaluating your goals and fitness level, and creating a program that will help you succeed. Jennifer Ramsey, a wellness coordinator with the Katy Family YMCA, says, "A trainer can help take the guesswork out of which exercises are effective." They are also more knowledgeable in a variety of techniques and will offer new ideas and challenges to switch up your routine. "Trainers can also help prevent injury by showing correct technique and form," Ramsey says. To find your own fitness guru, call one of Katy's many fitness centers to set up an appointment with a certified trainer.

Finding the Right Fit

One of the main reasons why people quit their fitness programs is because they get bored. We are all unique individuals with different goals, bodies, and interests, so we don't think that there is only one way to exercise. Simply think about the active things you enjoy doing and start doing them. Mix it up, make it fun, and get moving. **KM**

KELLY ISENBERGER is a Katy runner and cyclist. She is always looking for new ways to challenge her fitness level.



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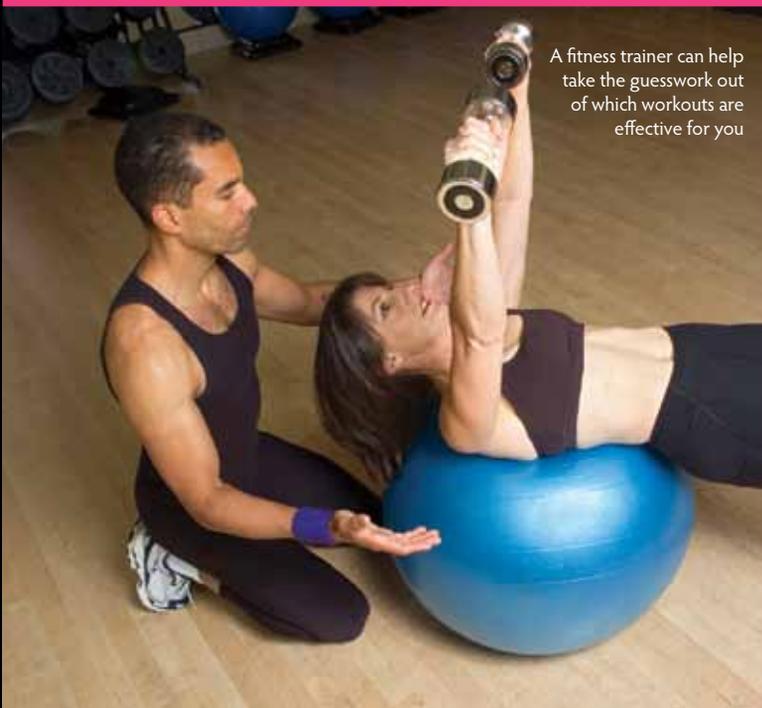
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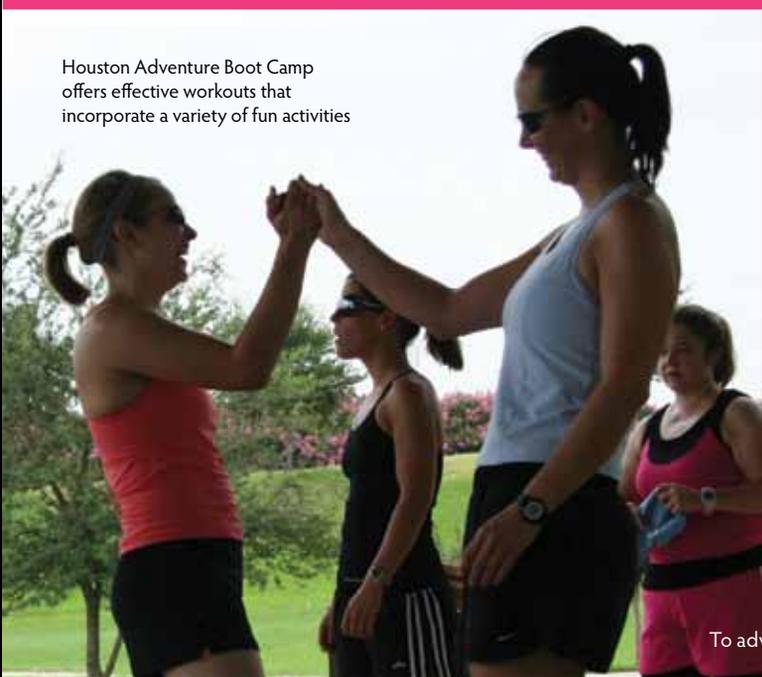
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To find a routine that works for you, think about the active things you enjoy doing



A fitness trainer can help take the guesswork out of which workouts are effective for you



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