

Fat-Blasting Core Moves = Less Stress, More Energy

At the Pilates + Yoga Studio, we always focus on exercises for your core, with Pilates, yoga, TRX, and kettle bells. Why? Because as you build your mid-section, you burn more calories all day, feel stronger, leaner, and longer, and walk out the door (with great posture!) de-stressed and flooded with mood-lifting endorphins.

One of the newest forms of exercise, TRX, is all core, all the time. Developed by and for Navy Seals, it is taught here by a young couple, Steph and Doran, to provide an ideal mix of strength, endurance, coordination, flexibility, power and core-stability. (We're proud that Blue Moon co-owner Vicki Schlesinger has upped her fitness with us over the past 8 weeks doing TRX, even with her packed schedule.)



Using straps anchored to a single point overhead, you load your body weight onto targeted zones (arms, legs, shoulders, abs) and move in all dimensions to challenge your strength and balance. Ask Vicki --you definitely feel the burn the next day! Great for sports and life performance, TRX uses gravity and movement to get your mind in sync with your body in new ways, forming fresh neural-muscular connections. That can have far-reaching benefits, from not turning an ankle on a gum-tree-ball to feeling on your game all day. A bonus is that since you have to have your head totally engaged to stay upright, you let go of all the day's hassles and de-stress. It's a fun, super-intense way to tone your core, and you only have to push yourself to the comfortable edge to reap great benefits. Come try it!