

true grit

MIAMI'S MOST UNIQUE AND EFFECTIVE FITNESS CLASSES BY JASON FITZROY JEFFERS

CrossFit 305

Grueling CrossFit workouts combine balance, speed, endurance, and power via leaping, lifting, rope climbing, tire flipping, and small-group camaraderie. Weight loads and reps are tracked and adjusted for each participant. Expect to work out alongside artists, athletes, and people of all ages and backgrounds amid CrossFit 305's fitness-playground vibe. **5940 NE Fourth Ave., Miami, 305-809-6390; crossfit305.com**

Exhale Mind/Body Spa

Detox/Retox Core Fusion Yoga
Core Fusion mixes traditional yoga with Pilates, core conditioning, and interval training for an intense hour of detox that strengthens your core, builds your endurance, and creates a state of inner calm. The Detox/Retox version of the class (held every Thursday at 5:45 PM) is soundtracked by a live DJ, then followed by a "retox" session, which features a complimentary glass of prosecco, discounted cocktails, and tapas across the hall at the acclaimed sustainable seafood restaurant Area 31. **EPIC Residences + Hotel, 270 Biscayne Blvd. Way, Miami, 305-423-3900; exhalespa.com**

Fast Twitch Performance Training

The Fast Twitch center specializes in sport-specific workouts for professional athletes—from tennis players to volleyball stars—and customizes specialized workouts for regular folks like us. The instructors have experience in exercise academia, professional sports training, and

physical therapy, and their expertise results in lean, strong bodies that simply work better, no matter what your game.

7237 NE Fourth Ave., Miami, 305-751-8901; ft-pt.com

Fight Club America

Technical Boxing with Tommy Anthony

With an emphasis on technique, this class teaches proper punching combinations, head movements, and footwork to keep you out of harm's way. Heavy bags are incorporated for intense punching workouts, after which the class progresses to a strength and cardio workout using medicine balls and calisthenics. When it finally ends, you'll understand why boxing is called the "sweet science." **120 NE 20th St., Miami, 305-573-7400; fightclubmiami.com**

Global Bodyweight Training

Animal Flow

Featuring moves that mimic animals such as apes and crabs, the class puts you down on all fours with a nonstop array of furious but focused bodyweight exercises that dramatically raise your caloric burn, while using leverage and weight distribution to seriously increase strength. Best of all, it's a workout you can do without equipment. **1910 Alton Road, Miami Beach, 305-812-6183; globalbodyweighttraining.com**

Ironflower Fitness

AcroYoga

If you've ever fantasized about being a Cirque du Soleil performer, AcroYoga is a good fit. Combining the stretching

and spiritual aspects of yoga with acrobatic poses, students team up with partners to work on unique stretches, strengthening movements, balance, and graceful flight-like poses. **7300 Biscayne Blvd., Miami, 305-640-5270; ironflowerfitnessmiami.com**

The Sports Club/LA—Miami

REV: The Visual Experience

REV takes spinning to a new level with a multimedia presentation—including music and panoramic films—that transports you right into the heat of a frenzied bike race. The workout whizzes by in no time: When you feel like you're leading a breakaway in the Alps, it's easy to forget that you're really churning away those calories on a stationary bike on Brickell Avenue. **Four Seasons Tower, 1441 Brickell Ave., Miami, 305-533-1199; mpsportsclub.com**

The Standard Spa, Miami Beach

Paddleboarding

Skimming over Biscayne Bay on a paddleboard may look serene, if not easy, but don't be fooled. Balancing on the board requires constant activation of core muscles, legs, arms, and shoulders (as does climbing back on after you fall in). This class teaches proper technique on dry land, then brings students out on the water to paddle for an hour, after which they're that much closer to a toned, ripped body. **40 Island Ave., Miami Beach, 305-673-1717; standardhotels.com OD**



The Standard Spa's paddleboarding class hits Biscayne Bay.

LIFT/OFF

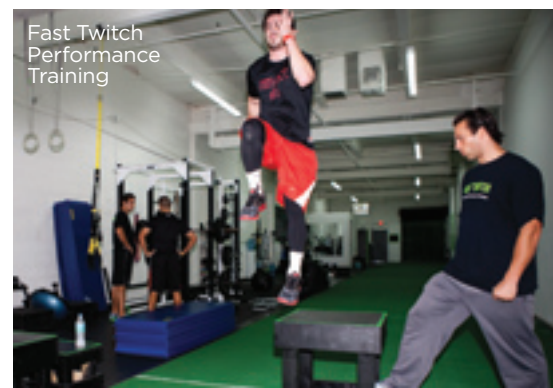
Mike Fitch of Global Bodyweight Training touts the benefits of dropping weights.



Fitness seems to be moving away from weight machines, and toward movement and drill exercises. Why the change? People are becoming better acquainted with their bodies, incorporating moves found in everything from mixed martial arts to gymnastics. Human beings have trained this way for centuries, so the newest style is actually the oldest one.

What's the best way to find a class that you'll stick with? Find something you enjoy, but that also teaches you a new skill or allows you to directly chart your progress. It's also important to find an instructor who's attentive enough to ramp you up from your current fitness level. globalbodyweighttraining.com

PHOTOGRAPHS BY MATTHEW ROY (FITCH); RUDY DUBOUE (FAST TWITCH)



Fast Twitch Performance Training