

FITNESS GUIDE & DAY SPA ISSUE

SOUTHERN CALIFORNIA'S AFFLUENT ENTERTAINMENT MAGAZINE

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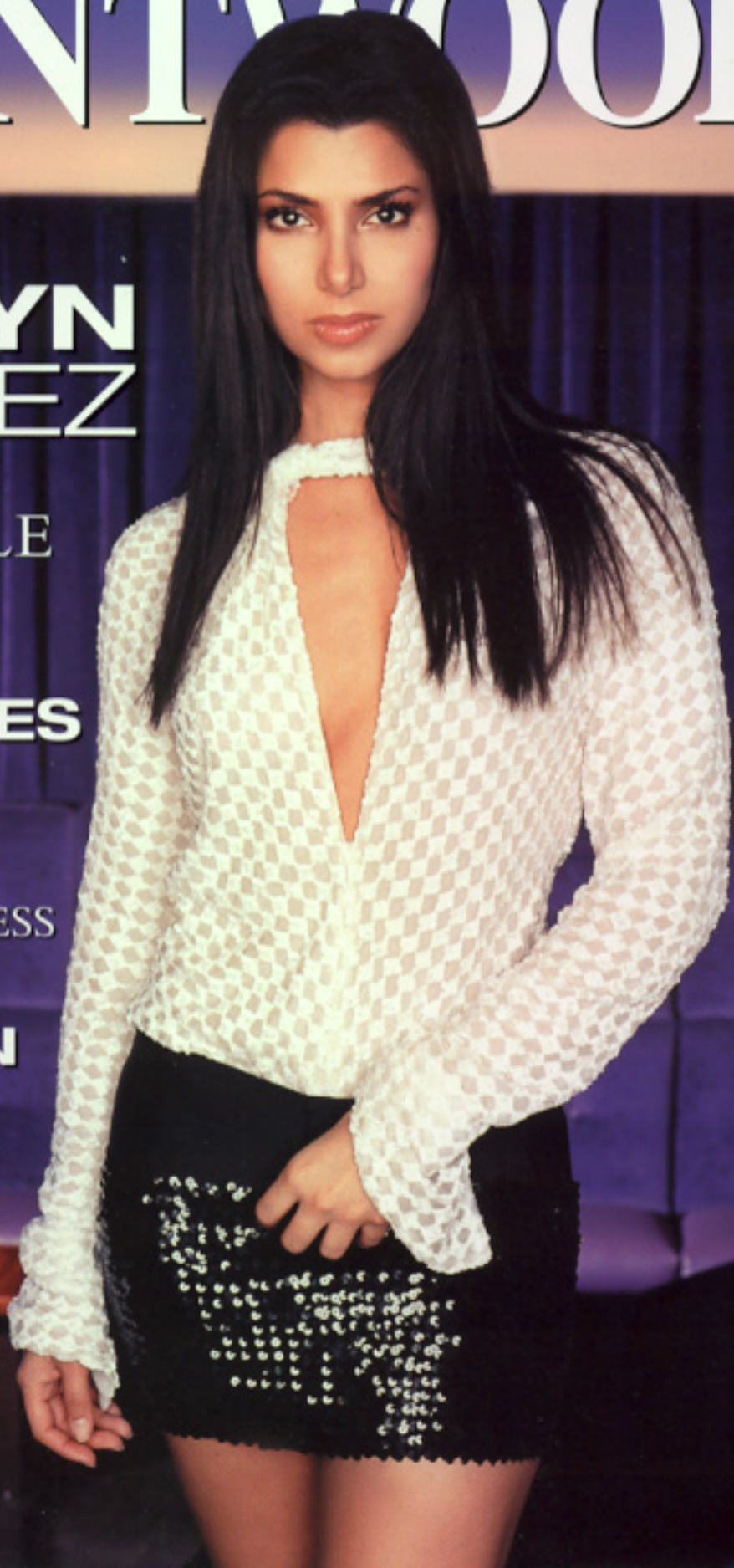
BREAKING
OUT IN STYLE

AT HOME
WITH
ESAI MORALES

**RENEE
ZELWEGGER**
POISED FOR SUCCESS

**JACK
NICHOLSON**
STRAIGHT UP

**CARIBBEAN
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DISPLAY THRU MAY, 2003

dancer-choreographer Richard Giorla used more than 20 years of experience and classical training to create this ballet-based cardio workout. Yes, the word "ballet" insinuates a slow, controlled style of movement, but rest assured, Cardio Barre is anything but boring. This fun, fast-paced, fat-burning, sweat-dripping, muscle-toning workout is like nothing you have ever tried before.

Only a few months since its official opening, Giorla's studio has been filled to capacity with enthusiastic students, and it is no secret why. The loud pumping music, Giorla's gusto and teasing comments ("Laurel you better work harder or else some other, more in-shape woman is going to steal your husband") inspire students to work it, feel it, and keep coming back. Giorla has become the darling of celebrities yearning for the long and lean dancer body look his workout delivers. This budding fitness trend is on the verge of taking off, so get your butt moving while you can. (www.cardiobarre.com)

While yoga for peaceful relaxation, centering and balance still has a respectable following, Angelenos' fast-paced lifestyle demands a quicker fix. After all, days are short, schedules are full and we still need to fit in our exercise routines in order to maintain our perfect bodies. **Bryan Kest's Power Yoga** makes you sweat, increases metabolism, and dramatically raises energy levels. According to Kest, "Yoga is the only exercise that is multi-dimensional and works on every aspect of fitness in one session, including stamina, cardio, coordination, flexibility and muscle building." While the physical benefits are profuse, the focal point of Kest's Power Yoga classes is both mind and body stress reduction.

Students walk out ready to conquer the world, not fall into bed. More than teaching a yoga class, guru Bryan Kest, one of the originators of Power Yoga, teaches his philosophy of yoga as a lifestyle, encouraging a diet of healthy, clean, organic foods that nourish the body, along with yoga to strengthen and connect the body with the

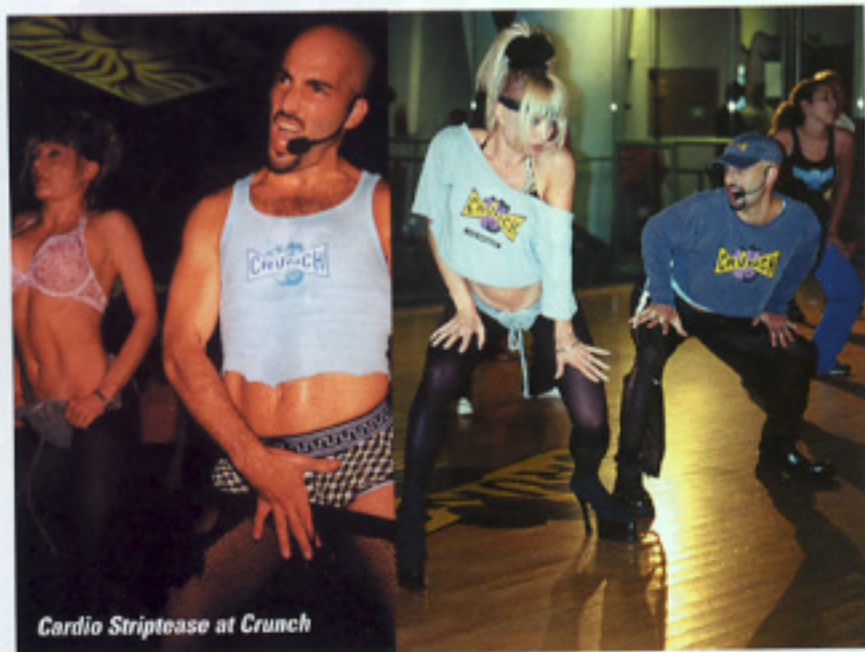
mind. With upward of 150 students per class, plus eight yoga videos and DVDs and monthly workshops around the world, Kest's philosophy of total health is clearly catching on. Power Yoga is the perfect, well-rounded exercise. In addition to getting a superb mind and body workout, you just might run into some of the biggest celebrities in town, including Pamela Anderson, David Duchovny and Elizabeth Shue. (www.poweryoga.com)

Dance is one of the best heart-pumping, sweat-producing, total-body workouts that is simultaneously stress relieving, therapeutic, and completely individual. It allows for uninhibited expression as the body loosens and flows with the music. Actors, who are paid to pretend to be someone else for the big screen, need a little "me" time, just like the rest of us. Carmen Electra, Katie Holmes, Elizabeth Berkeley and Gina Gershon are among the hundreds of dancers who tone their bodies, develop their poise and posture, and relieve their stress at **Edge Performing Arts Center** in Hollywood. Students, ranging in age from 13 to 80, are taught by the best in each dance style, from ballet and jazz to salsa and hip-hop. Few dance studios can boast teachers like Alex Magno, who choreographs Madonna's tours, and Eddie Garcia who toured with Michael Jackson and choreographs for Jennifer Lopez. There is even a specialty class called "Movement for Actors" where rhythm-less actors are encouraged to break out of their shells in a fun environment without the intimidation of professional dancers for comparison. So stop making excuses and go out and move your butt to the music. Classes are from 10 a.m. to 10 p.m., so those with odd schedules can always find an hour or two to dance. (www.edgepa.com)

Cardio Striptease at Crunch is not just about taking "it" off, it's about taking the pounds off too. It is also about building self-esteem while releasing the inner sensual self in a safe and friendly environment. According to Jeffrey Costa, creator and instructor of Cardio Striptease, who has a background in personal training, dance, group exercise, and, of course, stripping, we are commencing a new era of exercise.

"We are coming out of a trend in fitness that was very combative and aggressive," comments Costa. "Now, people want a more nurturing and simultaneously empowering type of exercise and emotional release."

On the coattails of *Moulin Rouge*, Cardio Striptease has emerged at a time when burlesque is no longer considered the domain of the seedy strip bar. Bringing sensuality to Crunch — a gym that is known for its trendy and cutting-edge atmosphere — has somehow normalized the striptease by breaking it down into dance steps and then adding individual flair. When it comes down to it, Cardio Striptease is an exercise class, a dance class, an exploration and a release of our strong, sexy and provocative inner selves. It provides a



Cardio Striptease at Crunch