

TONE-UP THURSDAY

Cool classes that'll inspire even the laziest girl to work out. BY BANG WEI-TIN

So, your current fitness regime consists of shopping and surfing... the Internet. Hitting the gym is not as hard as you think. To help you get started, we scoured town for fun, noob-friendly programmes you'll love.

YOUR IDEA OF EXERCISE Clicking through websites like Shopbop, ASOS and Gmarket
TRY Aqualit

If the index finger is the only part of your body that's working hard, start slow with a beginner-friendly routine that combines the best of hydrotherapy and aerobics. Using water's natural resistance, this class is conducted in a 1.2m pool and features moves like bicep curls, star jumps and "cycling" while seated on the pool noodle, a foam cylinder that instructors use as extra weight. Besides increasing flexibility, strength and aerobic capacity, this perspiration-free activity also helps you tone up quickly. Read: Finally, a good reason to browse the swimwear section!



YOUR IDEA OF EXERCISE Club-hopping at Clarke Quay

TRY Disco Aerobics

Need a good reason to switch from night hubs to fitness clubs? This is it. Not only will you save on calories just by skipping the booze, this high-energy exercise also helps you torch fat faster than you can say "Mambo Night". Expect plenty of steps, squats and '80s-inspired shuffles during the one-hour workout. We like how the choreography changes subtly from week to week, so you'll never feel bored.

PHOTOS (LEFT) WIMBERS/DARRIN CHANG (AEROBICS) CORBIS

YOUR IDEA OF EXERCISE Flagging down a bus or cab
TRY Pilates Cardio Jump Board

Most pilates classes involve deep stretches and core-building, and this is no different. The twist? It's done lying on a reformer to take gravity out of the equation, making it a great exercise for beginners or those with pre-existing injuries. Besides challenging your coordination and boosting calorie burn, pushing off from the jump board - a trampoline-like plate attached to the foot of the machine - also builds leg power: perfect for sprinting after a bus.

YOUR IDEA OF EXERCISE Spending the weekend at a warehouse sale

TRY Kick-boxing

To muscle your way through the maze of discounted goodies, you'll need your reflexes as well as arm and leg strength (great for parting the crowd). Enter kick-boxing. This high-impact workout will appeal to those who thrive on an adrenalin rush, thanks to dynamic, powerful moves such as uppercuts, right hooks, roundhouse kicks and more. Plus, the exercise is said to help you think on your feet - a trait that might come in handy when you're going for the best bargains.

For more information, visit Amore Fitness at www.amorefitness.com.

