

THE ANYTHING BUT THE GYM Girls

Movers & SHAKERS

With no gym membership in sight, Sinead and Emma are getting fit in new and creative ways, with some hilarious results. Here's what they tried this month

1 WEEK ONE POWERHOOPING

Emma: Remember the hula hooping you used to do as a fair youth? Well, now it's a workout – and a tricky one at that. Sinead and I have done a lot of hard or strange activities in our ABTGG quest but the ladies at Powerhooping were – by far – the most impressive group of exercisers we've seen thus far. The women, who would range in age from 20s to 60s, are able to spin a weighted hula hoop around their bodies while running, punching and jumping, without letting

it drop once. It is like magic to watch, frankly. And not something I was able to achieve for the entire class...

Amy McAuley, who brought Powerhooping with her from Scotland, leads the class and is a powerhooping powerhouse. She warns us there might be 'light bruising' after the first class, which delights me because I feel like a good bruise earned through athleticism is proof I don't spend all my time either sitting behind a desk or sleeping. She tells us if our torso starts to feel hot or itchy, just to take a wee break. Luckily, I am unable to keep the hoop spinning around my core for longer than seven seconds at a time, so my bruising is only slightly on my hips and mostly on my shins, where the hoop hits me for most of the class.

VERDICT: *This class is relatively low impact on joints, but gets your heart rate up and your whole torso working hard. The vibe was really fun and supportive.*

WHERE WE DID IT: *There are classes available all around Auckland, as well as Taranaki, Tokoroa, Hamilton and Nelson. Visit powerhoopnz.co.nz for more information.*

2 WEEK TWO PREGNANCY PILATES

Special guest Sarah: Being a frequent gym-goer, I found it difficult to find the right classes to suit my body once I became pregnant. High intensity, which I usually gravitated to, was out. And running had become rather uncomfortable. Upon a recommendation I tried out pregnancy yoga but found the pace incredibly slow, and once they suggested we start talking to our babies (yes, hands on belly while envisaging your unborn baby's face) I was out of there. Enter pregnancy pilates.

What I liked best was there was an option for every stage of pregnancy. At re:ab you can choose to do either a floor-based mat class or a reformer class – which has you working out on something that resembles a wooden bed with a sliding mattress and all sorts of pulls and handles. Thankfully, each reformer class is taken by a physiotherapist who not only guides you through the positions but makes sure you're doing them right. It's pretty gentle on your body, however with each new position you really feel like you're working all the muscles in your arms, legs and core.

VERDICT: *The time went incredibly fast! There was no excessive sweating but you still felt like you got a good workout.*

WHERE WE DID IT: *re:ab on Selbourne, 2 Selbourne Street, Grey Lynn, Auckland. Visit www.reab.co.nz for more information.*

Emma (left) and Sinead (right) live out their hoop dreams.



Getting stuck in

Getting fierce with their new flamenco moves.



Preparing for battle; but the girls have no idea what's about to hit them.



Special guest Sarah gets her stretch on with pregnancy pilates – the reformer class.

