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Unusual exercise options in the Rochester area

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Staff writer

Bored with your usual exercise routine? Looking for a fun reason to get off the couch? Or perhaps you need a new way to shed stress and boost energy?

Just in time for New Year's resolutions to lose weight, get more fit or create a healthier lifestyle to feel better, we've collected local examples of nonroutine approaches to exercise. You can see and hear each of these, and more, in a dozen videos online by staff photographer Jen Rynda.

Drums Alive What: Combines drumsticks with stability balls, music and aerobic dance for a rhythmic workout. **Where:** Classes at Eastside YMCA, 1835 Fairport Nine Mile Point Road, Penfield, (585) 341-4000.

Hula hoop

What: Spin a 44-inch hoop — larger and heavier than the plastic ones for kids — on various parts of the body for a cardio workout.

Where: Classes at Goddess Hour Dance and Fitness, 1470 Monroe Ave., Brighton, (585) 224-0277, www.goddesshour.com.

Hydrospin

What: Pedal a stationary bicycle (designed for water) while doing arm exercises in the shallow end of a pool, to music. **Where:** Classes are at Webster Aquatic Center, 875 Ridge Road, Webster, (585) 670-1087, and Southeast YMCA, 111 E. Jefferson Road, Pittsford, (585) 385-4665.

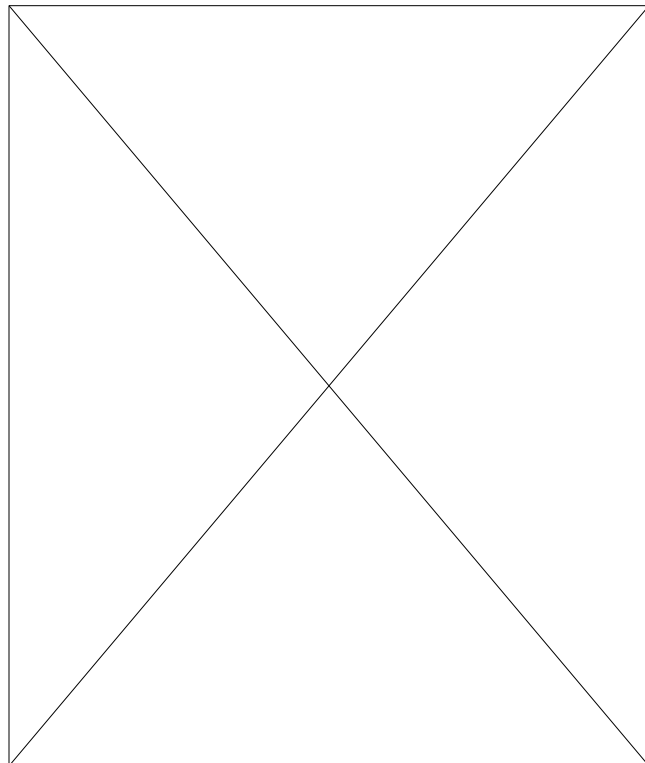
ActivCore

What: Uses straps and slings suspended from the ceiling to work on strength, balance and coordination.

Where: Pilates Plus, 3300 Monroe Ave., Pittsford, (585) 586-3410, www.pilatesplus.net.

Laughter yoga

Fitness videos



What: Learn to laugh for no reason, to create joy, release stress and benefit health. Do yoga breathing, stretching and laughing exercises but not yoga poses. "You don't have to be happy," says Dale Heffer. "Happiness and joy are two different things." **Where:** Lady Be Fit Express, 1945 E. Ridge Road, Irondequoit, (585) 278-1302.

Kickball

What: Kick, run, catch, throw — you remember the childhood game. Adult leagues provide games each season. "You can play as an adult and still feel like a kid," says Ryan Kimball, Kickball League of Rochester commissioner.

Where: Kickball League of Rochester plays outdoors at Genesee Valley Park year-round, <http://rockkickball.net>, (585) 507-7774, e-mail Info@RocKickball.net. A new league plays indoors in winter at Lonestar Sports Facilities in Brighton, Irondequoit and Perinton, (585) 732-4629, www.brightonsportszone.com, e-mail marybeth@brightonsportszone.com. Irondequoit's Parks and Recreation Department, (585) 336-6070, will resume its Sunday kickball league in the spring at McAvoy Park.

Zumba

What: Latin-inspired aerobic dance class, including salsa and merengue moves. **Where:** Multiple places, including Jewish Community Center, 1200 Edgewood Ave., Brighton, (585) 461-2000; Harro East Athletic Club, 400 Andrews St., Suite 120, (585) 546-1000; World Gym, 1717 East Ave., (585) 271-0440; Rochester Kung Fu & Fitness, 584 W. Ridge Road, (585) 413-0835; town recreation programs and multiple YMCAs. Some places, including Ys, offer Aqua Zumba in the pool.

Boot camp

What: Group training sessions include calisthenics, sports drills, core conditioning, agility moves and work with equipment such as kettlebells and medicine balls.

Where: Multiple locations. Shawn Pursel, personal trainer, holds classes at Flex Fitness, 605 Culver Road, and in Batavia and LeRoy; (585) 734-1814 or Rochesterbootcamp.com. The Iron Butterfly offers classes, 7493 Route 96, Victor, (585) 924-1540, www.theironbutterfly.com.

Lindy hop

What: Swing dancing has its roots in this energetic style of American dance that got its name in Harlem in the 1920s. **Where:** Groove Juice Swing holds classes at Tango Cafe Dance Studio, 389 Gregory St., (585) 271-4930, www.tangocafedance.com. That dance studio also offers classes in salsa, urban funk, Argentine tango, modern dance and other styles. Also go to www.rochesterlindyhop.com and www.rochesterdance.com/swing to find local dances.

Fencing

What: Fast, athletic movements with foil, épée and sabre weapons against an opponent. The sport challenges both mind and body.

Where: Rochester Fencing Club, second floor at 777 Culver Road, (585) 654-6047, www.rocfencing.com.

T'ai chi ch'uan

What: A set of slow, flowing movements for health, fitness and self-defense that promote balance, relaxation and flexibility and build strength. **Where:** Multiple places, including T'ai Chi Ch'uan Center, 80 Rockwood Place, (585) 461-0130, www.rtccc.com and OASIS (for ages 50 and over), 259 Monroe Ave., (585) 730-8800, www.oasisnet.org/Rochester.

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