



Work it Out!

If you're bored of the same old activities, now's the time to switch up your workout routine with some fun new alternatives.

Pole Dancing

Learn your “choppers” from your “crucifix climbs” with a few spins round the pole! Having shed any *Showgirls*-style connotations, this combination of dance and aerobics is renowned for its core-strengthening qualities, improving cardio, strength and muscle tone – and doing wonders for your body confidence too.

Available at Aerial Arts Academy, 16/F, Parkview Commercial Building, 9-11 Shelter Street, Causeway Bay.
2375 8088 | aerialartsacademy.com

Antigravity Yoga

When even your grandma is doing the downward dog, you know a workout has gone mainstream... so why not up your yoga game with some aerial tricks and flips? Antigravity yoga involves balancing, swinging and holding inverted poses while suspended in the air by silk hammocks – releasing tension, helping alignment and increasing muscle strength and joint mobility in the process.

Available at Bodywize, 3/F, Cubus, 1 Hoi Ping Road, Causeway Bay.
2838 5686 | bodywize.com.hk

Boxing

If a high-intensity workout is more your style, roll with the punches and sign up to a cardio boxing class. Combining boxing combinations, cardio drills and bag work, it's a knockout at building endurance and burning off any excess pounds – and suitable for all fitness levels too.

Available at Epic MMA, 1/F, China Building, 29 Queen's Road, Central.
2525 2833 | epicmma.com

Stand-Up Paddle Boarding (SUP)

Hit the waves and explore some of Hong Kong's best beaches with SUP! This low-impact activity is easy for beginners to pick up, while strengthening your core, improving your balance and utilising virtually every muscle in your body – a brilliant all-round workout with bonus sun, sea and sand!

Available at Blue Sky Sports Club, Sai Sha Beach, Sai Kung.
2791 0806 | bluesky-sc.com

Rock Climbing

Scale new heights – literally! – and learn how to boulder with the best of them. Testing your strength, agility, endurance and balance, rock climbing is an exhilarating workout for both mind and body. *el*

Available at Just Climb, Room D, G/F, Prince Industrial Building, 706 Prince Edward Road East, San Po Kong.
3561 7868 | justclimb.hk