

Wednesday



By now we were desperately hoping for a second wind to kick in, or at least an excuse not to do any more damn squats. We'd tactically booked in for a session of **Aerial Arts**, figuring the gravity-defying, acrobatic moves would spare our knees. That they did, though hauling our own bodyweight up, over and through equipment like the trapeze, lyra (hoop) and silks for the best part of an hour was by no means easy, and despite some helpful guidance we're still waiting on the call up from Cirque de Soleil.

It was a great core and upper body workout, though, and "by learning how to perform aerial tricks, you'll improve your bodily awareness, coordination and mental concentration," says Simply Yoga Director **Annie Gan**.

One thing we really didn't want to concentrate on was how high the equipment seemed—if you suffer from vertigo (or, you know, are just looking for an excuse to sit out your third day of exercise in a row) you might want to give it a miss.

Where to do it: Simply Yoga, #03-23/24/25 Katong V, 30 East Coast Rd., 6348-6828, www.simplyyoga.sg. \$200 for an 8-week aerial foundation class.

Thursday



With the weekend approaching (and our arms now struggling with ultra-challenging tasks like, ahem, picking up pens) we figured we'd take things down a notch and sign up for a chilled out session of **Surfset**. We figured wrong.

Think of all the things that make surfing so difficult (nailing the right posture, having good balance, needing a strong core), take away the scenic setting and the water and you're left with a tough, 45-minute session of surf-inspired moves on a static, floor-mounted (and purposefully unstable) board, incorporating planks, push-ups, paddling and even yoga poses. All this means you reap "the cardio benefits of spinning, the muscle toning of TRX training, and the improvement of core and balance all at once," according to **Melissa Goh**, owner and instructor of Surfset Fitness.

Surfset doesn't teach you how to surf (there's Wave House Sentosa for that) but it targets the exact muscles needed for the sport. And it wasn't nearly as mechanical as that makes it sound: you don't get the zen effect of being out on the water, but just like the real thing there are plenty of hot bodies to ogle. And the afterburn lasted all the way to our workout the next day, which can only be a good thing (even if it felt like anything but at the time). The movements certainly came more naturally than in many of the other classes we tried.

Where to do it: Surfset, 454B Joo Chiat Rd., 9751-0793, www.surfset.sg. \$35 for a single class; \$165 for a package of five.