

## ALTERNATE

### Exercise for those who don't pump iron

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Water's Edge Gymnastics in Traverse City carries Adult Recreational Gymnastics, according to owner Becky Burden. The class is held on Wednesday nights from 8:30-9:30 p.m., and is self-directed, with instructor Chris Cuddeback.

"It teaches tumbling or whatever you want to work on, and attracts people who have never done gymnastics to those who did it when younger or like extreme sports, just as long as you're

over 18," said Burden. "There are a lot of health benefits, including increased flexibility, because the equipment forces you to use your body in different ways than you normally do. Gymnastics is not as much weight loss as it is about strength and self-confidence, and relieving stress."

Carey Carlson and Leah Arnold are co-owners of Women's Fitness & Health Co., which has locations in Acme and Interlochen. With registered dietitian Jennifer May, they offer complete, customized packages for fitness and health that have a three times a week, 30-minute exercise routine as a focus to fit the lifestyles of active women.

Traverse City's Sweat Shop Gym & Aerobics carries an array of full group exercise

programs, along with aerobics, strength and circuit training (boot camp) options. They hold an average of four different classes a day, and their most popular is the circuit training. It involves 25 different stations set up with an instructor for a group of 25 people who move from station to station to get cardiovascular and weight resistance training.

The Sweat Shop also has cardio kick boxing, which owner Linda Schaub describes as "a wonderful workout with no impact, and very popular with mothers and daughters. Anyone from beginner to an advanced athlete can do this and enjoy it."

**Nancy Sundstrom is a local freelance writer.**



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**John Horton, lifeguard and water safety instructor at Traverse City's Civic Center, teaches water aerobics to students of all ages.**



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