

# Workouts for the mind and body

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(KMOV) - If the idea of hitting the gym to lift weights or run on the treadmill bores you, how about learning a strip dancing routine or ringing bells?



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Virginia Kerr tried out some of the new and unique ways to improve your mind and body in the St. Louis area.

Does your body need a one-two punch to get it whipped into shape? Then this new boxing class is just for you.

They train you like a real boxer here at sweat-St. Louis in Clayton.

"We teach them the core, tighter abs, stronger back, the fundamentals of boxing. Total body workout," said Jaime Mushlin, of Sweat.

If duking it out doesn't strike you, then maybe sexing it up will.

I put my heels on and tried out cardio-strip-fit and pole dancing at the Lifestyle Center In Clayton.

There's no stripping just a lot of ladies letting' their hair down and letting' loose.



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"We have so much fun. The reviews are great. Women love it," said Angela Ferrar, from the Lifestyle Center.

They really like the pole dancing which is supposed to give you great arm muscles.

Not hot enough for ya?

How about sweating it out in temperatures that start at 98 degrees and go to 105?

That's what they do at Bikram yoga in Richmond Heights.

The purpose of the heat is to allow your body to shape up without injury and your sweat rids your system of any toxins.

But Bikram is not all about the body.

"Calming you mind is one of the parts of yoga. Mind and body all together," said Carol Stocks from Bikram yoga.

In Japanese yoga they use bells and chanting to teach the mind how to stay calm during vigorous activity.

Breathing is also used to train the mind. It's used to help people in Japanese martial arts but it's said to help people in any stressful situation.

"The mind leads the body, if the mind is calm then the body will follow," said Mike Rubbert of the St. Louis Ki Society.

It's an interesting way to become much mellower.

### **SWEAT**

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[www.sweatstlouis.com](http://www.sweatstlouis.com)

### **The Fitness Studio @ The Lifestyle Center**

7642 Forsyth Boulevard

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314-863-4800

### **Bikram Yoga St. Louis**

6630 Clayton Road

Richmond Heights

314-644-2226

[www.yogastlouis.com](http://www.yogastlouis.com)

### **St. Louis Ki Society**

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