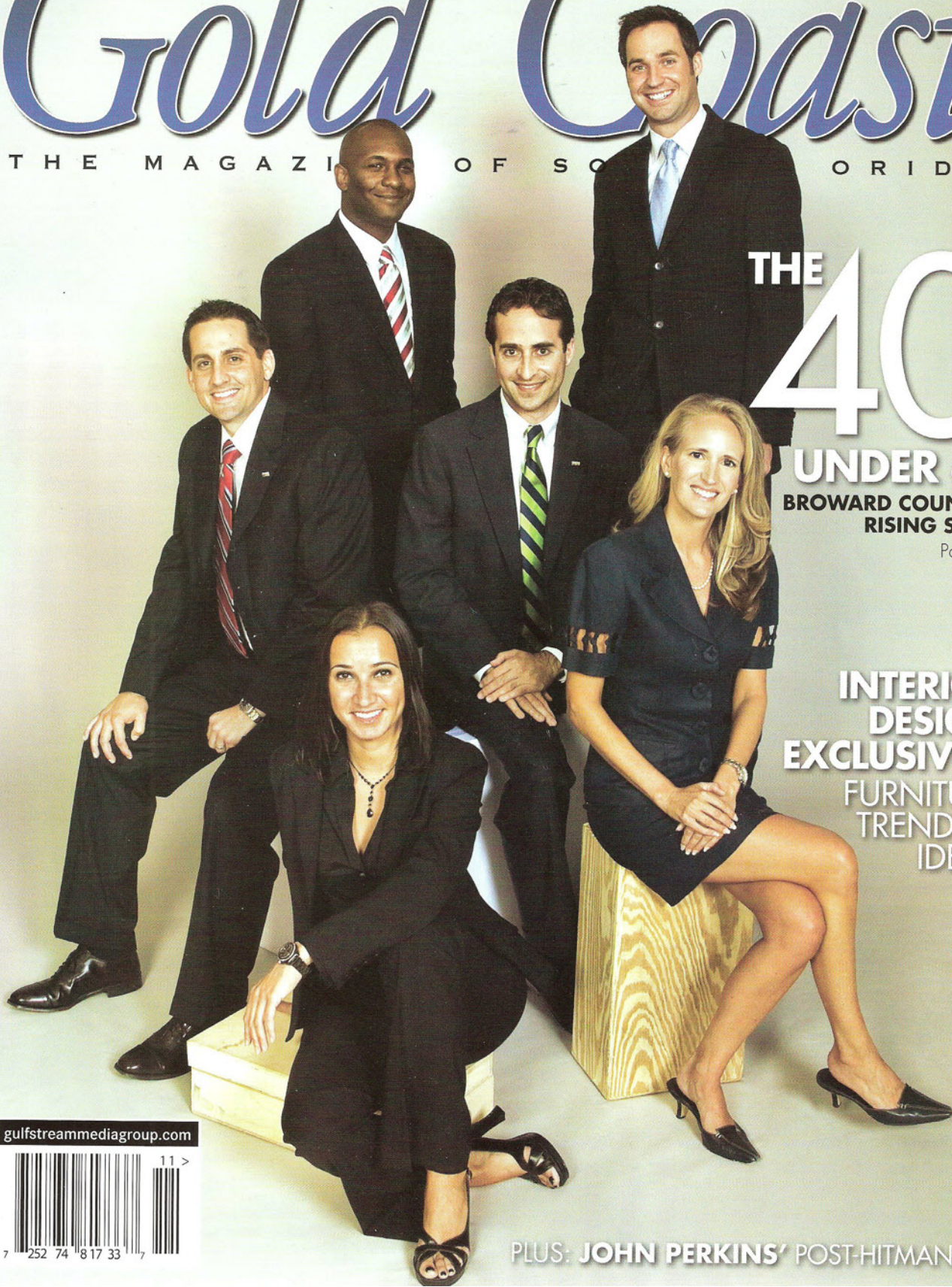


Gold Coast

THE MAGAZINE OF SOUTH FLORIDA



THE 40 UNDER 40

BROWARD COUNTY'S RISING STARS

Page 42

INTERIOR DESIGN EXCLUSIVES:
FURNITURE TRENDS & IDEAS

gulfstreammediagroup.com



PLUS: JOHN PERKINS' POST-HITMAN LIFE

5 (Fun) Ways to Get Fit

1 High Heel Workout
Where: Rosalind's Uptown Fitness, Sewall's Point; Martin Downs Country Club, Palm City; www.highheelworkout.com

Why it works: This 30-minute class teaches students to feel confident in a pair of heels while strengthening and toning legs. "You can express yourself as a diva," says creator Rosalind Neilen.
Calories burned: 200-300
Price: \$10/session



2 Bob's Beach Boot Camp
Where: Fort Lauderdale beach; <http://beachbootcamp.net>

Why it works: Although ACE-certified Lt. Col. Bob Weinstein, a.k.a. "The Health Colonel," takes the lead on whipping your butt into shape in this 90-minute class, it's the team spirit that keeps you going. "We're all there to support each other, nobody's anonymous," Weinstein says.
Calories burned: 500-700
Price: \$17/session

3 Boxing Classes
Where: Jupiter Boxing Club, Jupiter; www.jupiterboxingclub.com

Why it works: Jab, hook and uppercut the calories away with instructors



4 Zumba
Where: Bravo! Academy, Boca Raton; www.bravoacademy.com

Why it works: This high-energy Latin dance-inspired aerobics workout uses dance steps to create a full-fitness experience, including cardio and muscle toning. After a one-hour Zumba class, laughs Bravo! Academy Director Elena Migunov, "Everybody is smiling, everybody is laughing, everybody is sweating profusely."

Calories burned: 500-800
Price: \$15/class, \$72 for 6 classes, \$100 for 10 classes



5 Masters Swimming Program
Where: North County Aquatic Complex, Jupiter; www.co.palm-beach.fl.us

Why it works: The team-style swimming drills in each Masters Swimming workout enables swimmers of all levels to improve technique and swim more efficiently with less effort. "It's a great overall workout," says Coach Linda Irish Bostic. "Plus, there's the great camaraderie, the social aspect, that comes with the team style."
Calories burned: 500-800
Price: \$40/month



Wireless Weight Loss

SENSEI REMOVES THE GUESS WORK WITH PERSONALIZED AND PRACTICAL WEIGHT LOSS ADVICE SENT DIRECTLY TO YOUR PHONE.

Created by Boca Raton-based cardiologist Bob Schwarzberg, M.D., Sensei, the Web- and mobile-based weight loss program, is like having your own personal weight loss coach at your side 24/7. With features including tailored menus, shopping lists, timely reminders, calorie content and more, the plan makes it virtually impossible to cheat. An added bonus: the average cost of food per month on Sensei is between \$194 and \$313, whereas programs like Nutrisystem and Jenny Craig could cost you upwards of \$500 to \$800.

For more info, check out www.sensei.com.