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The 8 Best Workouts You've Never Done

By Kirsten Ballard in [FITNESS](#)

Posted Oct 26 2013 - 7:00pm

TAGGED WITH: [antigravity yoga](#), [barre](#), [bokwa](#), [fitness classes](#), [hot yoga](#), [piloxing](#), [pole dancing](#), [trampoline](#), [workouts](#)

You've Zumba'd, you've yoga'd and you've gone from [Couch to 5K](#). If your regular routine has gotten a bit dull, we recommend trying something new to give your workouts some *oomf* and pizzazz again. This list highlights the best workouts that you've never tried! These workouts take the regular gym class and crank up the heat—or even take you off the ground.

1. Bikram (Hot) Yoga



It's getting hot, hot, hot! Bikram yoga, or "hot yoga," is traditionally practiced in a studio with the temperature set at 105 degrees. Proponents of hot yoga claim it has injury-healing, emotion-strengthening, toxin-flushing and [weight-managing properties](#). The classes are traditionally 90 minutes long and focus on sequences of different yoga poses. With hot yoga, you will sweat! Be sure to [exercise safely](#): hydrate before, during and after practicing hot yoga.

Find a Bikram studio [here](#).

2. AntiGravity Yoga

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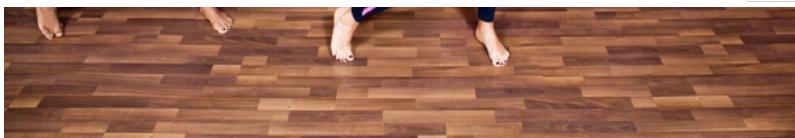


Specialized studios are taking yoga to new heights by combining it with aerial movement. Participants hang in hammock-like harnesses and move through a series of poses. The idea behind anti-gravity yoga is that by eliminating your anchor to the ground, the harnesses allow the body to move freely in every direction and give participants a larger range of motion. Class locations can be found [here](#).

3. Piloxing



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The newest fitness trend to sweep Hollywood is Piloxing—which has nothing to do with pills or boxes. Instead, it's a fusion of Pilates and kickboxing. This high-intensity interval training class combines the muscle sculpting of Pilates with the fat-burning of kickboxing. A class typically is an hour long, and you can wear normal workout attire. The only equipment is weighted gloves, which enhance the muscle-sculpting properties of boxing. Locations can be found [here](#).

4. Barre



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Barre is a ballet workout that brings you the ballerina body without the tutus. Focused on full-body muscle toning instead of cardio, barre uses a ballet barre and ballet positions to challenge participants. No prior dance experience is required.

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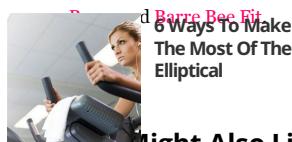


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Kathleen Norton · Assistant at Mad Science of the Bay Area

Any workout is the best workout I've never done because I've never done a workout. #whoops
[Reply](#) · [Like](#) · 1 · [Follow Post](#) · November 4, 2013 at 12:01am



Blair Egan · Libertyville High School

We do the Barre workout in gym class without the bar to increase use of our core
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5. Trampoline Class



Remember the cool kid in the neighborhood who had a trampoline? You don't need her anymore! Trampoline workout classes are taught at various gymnastic gyms and [trampoline parks](#) across the nation. The classes are cardio-blasting, leg-muscle-toning fun! Participants are assigned a personal mini trampoline or a segment of a large trampoline, on which they jump, turn and twist through a class. The classes are mainly a cardio workout but have some sculpting portions as well.

6. SoulCycle

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We Recommend

perfect for those who aren't quite coordinated enough to be a dancer.

These workouts have varying degrees of intensity, so whether you are a seasoned vet or gym newbie, it's perfectly acceptable to show up and challenge yourself. Before committing yourself to a year of pole dancing every Wednesday night, ask about single class and student prices and if the gym offers a free trial. Mixing up your workout is a great way to recommit yourself to fitness. It also might lead you to finding your next favorite class!

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