

FITNESS

Get Fit Fast

Some of the most effective ways to get in shape can also be fun. And they're offered in a group setting, so you don't have to sweat solo.

BY JENNA KASHOU

30-minute Kickboxing

»» What is it?

The perfect workout for someone with the attention span of a millennial. There are no class times at 9Round. Just get in, get to a station and rotate every three minutes. In a half-hour, you have a full-body workout, and the personal trainers are right by your side to keep you moving.

»» Where can you do it?

The Milwaukee area has several 9Round locations, including Downtown, Brookfield, Whitefish Bay, Waukesha and New Berlin. Check 9round.com.

AIRobics

»» What is it?

The one-hour class sounds like child's play, but it boasts major cardio benefits. Trampoline jumping improves core strength and coordination. The total-body workout can burn up to 1,000 calories per hour.

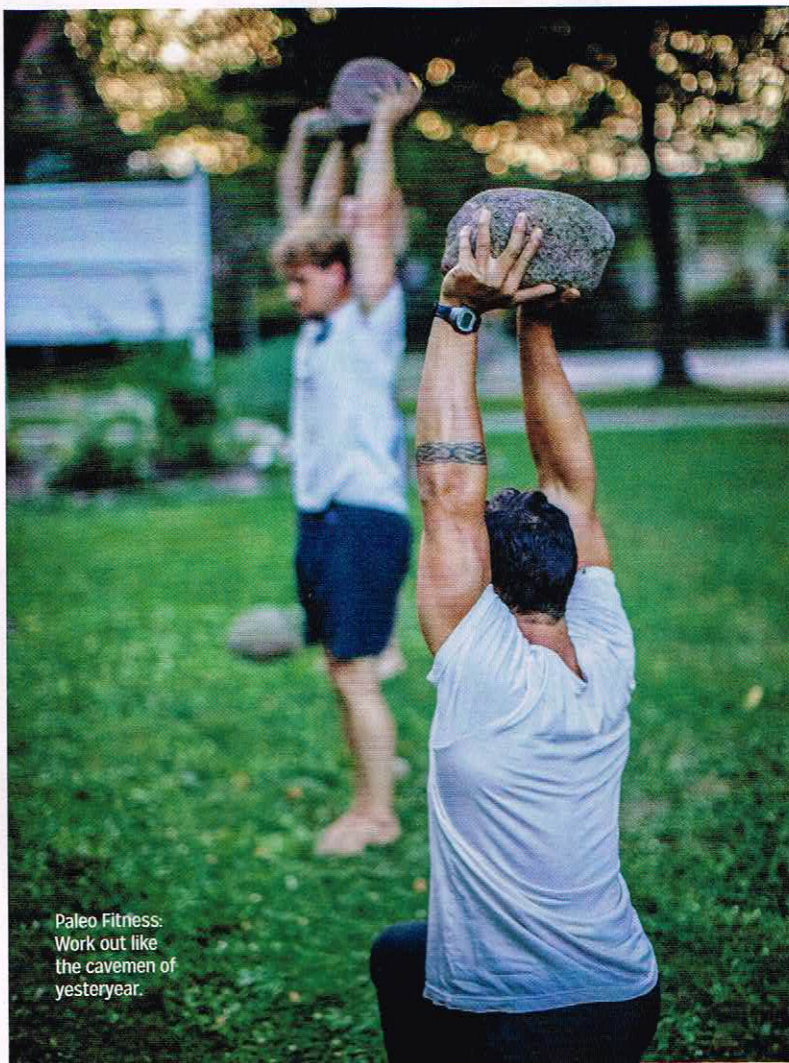
»» Where can you do it?

Helium Trampoline Park (16235 W. Beloit Rd., New Berlin, heliumtrampolinepark.com).

Cardiolates

»» What is it?

So you've tried Pilates and maybe got a little bored? Add a



Paleo Fitness: Work out like the cavemen of yesteryear.

little bounce with low-impact cardio and you have Cardiolates. Rebounding, or bouncing on a small trampoline, adds a full-body sweat session that can improve balance and help lower blood pressure. The class sneaks in traditional Pilates moves to tone right on the trampoline.

»» Where can you do it?

The Lift (383 W. Brown

Deer Rd., Fox Point, theliftpilates.com).

Functionally Fit

»» What is it?

Chances are you're not lifting weights properly. Functionally Fit teaches functional movements and basic old-time lifts using kettlebells, body weight, barbells and Plyo boxes. In an hour or less, you'll be spent. It's safe

for any level of fitness and a fine way to build strength without the weight room woes.

»» Where can you do it?

Superb Health (2625 S. Greeley St., superbhealthmke.com).

Naturally Fit / Paleo Fitness Boot Camp

»» What is it?

Relearn how to move, and let nature be your

playground while you do it. The foundation of Paleo Fitness is natural movements – climbing, jumping and the like. The one-hour class blends balance and coordination with strength and cardio. This holistic approach to fitness makes moving as you age safer and a little more graceful.

»» Where can you do it?

North Point Lighthouse in Lake Park (2650 N. Wahl Ave., meetup.com/Milwaukee-Paleo-Fitness).

Spire Crew

»» What is it?

Fans of the Netflix series "House of Cards" will recognize the WaterRowers at Spire Fitness, with their signature water-filled flywheels that mimic the feel of rowing on a river. Whether you are pondering your political philandering or just burning calcs, the meditative rowing motion will mellow you out. The 45-minute class is broken into four sequences of sprint intervals interspersed with blasts of pushups, squats, crunches and other basic exercises off the machine.

»» Where can you do it?

Spire Fitness (102 N. Water St., spire-fitness.com). ♦