

# Body BEAUTIFUL

If you're tired of the treadmill, check out these quirky keep-fit classes

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Ben Stiller unwittingly inspired a London dodgeball class


Trying to keep the 'Heathrow injection' at bay but lost the motivation to hit the gym? There are plenty of ways to keep fit in the capital, but if you're looking for something a little more leftfield, try one of these wacky workouts instead.

## FREERUNNING

You may not be able to leap tall buildings in a single bound, but a few parkour, or freerunning, classes could see you hurdling across London with the best of them.

Freerunning is basically urban acrobatics in which people scale walls, jump from building to building and use the city landscape to perform stunts and tricks.

Parkour Generations encourages beginners to master the basic principles in one of their outdoor classes before honing skills in an indoor class.

» Westminster Academy, 255 Harrow Road, W2 5EZ  Royal Oak (parkourgenerations.com). Tuesdays at 8pm, £6 (indoor) and Fridays at 7pm, £10 (outdoor).





Use parkour to make the most of your urban environment

## DODGEBALL

Discover your inner dag by dressing up in dodgy costumes and chucking balls at your mates.

Andy Stedman set up Dodgeball UK after being inspired by Ben Stiller and co in the classic comedy of the same name. He runs two weekly leagues (the current season is underway but new teams can join in January), as well as regular taster sessions and one-day themed tournaments.

» T47 Sports Complex, 47 St Thomas Street, SE1 3QX ☎ London Bridge (07973 430 429; [dodgeballuk.com](http://dodgeballuk.com)). See website for taster session dates, £6.75 or £36 per team of six.

## CHEERLEADING

Feel like the star of *High School Musical* as you jump, kick and twirl your way to a better bod at a Cheer Fit class.

Pom-poms are provided and the classes combine aerobics, dance and body conditioning with uplifting cheers that are sure to have you jumping for joy after



Go team: cheerleading will get you fit

a long day at work. The drop-in classes are aimed at all levels and you can even join the team that performs at charity events.

» 52 Club, 52 Gower Street, WC1E 6EB  
☎ Euston Square ([cheerfit.co.uk](http://cheerfit.co.uk)). Mondays at 6.30pm £7.

## SURFGYM

There may not be any waves in London but homesick surfers can still maintain their fitness and skills at a Surfgyim circuit class.

Established by London-based Kiwi surfer Mason Gilmour, the classes use specialised equipment like the Indo Board balance trainer, a wooden deck on a cylindrical roller that simulates the instability of a surfboard, to improve your co-ordination and core strength.

» London Southbank University Sports Centre, London Road, SE1 0AA  
☎ Elephant & Castle (07949 574 608; [surfgym.com](http://surfgym.com)). Mondays and Tuesdays at 6pm, £7 or £6.50 if pre-booked online.

## BOLLYWOOD DANCING

Bollywood films are big business in India, with stories of star-crossed lovers played out through catchy song-and-dance numbers.

Expect plenty of flickering hand movements, fast footwork and Bhangra beats that are suitable for beginners to intermediates.

» Pineapple Dance Studios, WC2H 9JA  
☎ Covent Garden (020 7836 4004; [pineapple.uk.com](http://pineapple.uk.com)). Tuesdays 7pm, £11 and Sundays 4pm, £8.

## STILL SOUNDS TOO MUCH LIKE HARD WORK?

### CLEAN SWEEP

Who knew housework could be so good for you? Burn around 400 calories an hour doing the vacuuming and 240 calories an hour dusting.

### GETTING JIGGY

Definitely the most fun way to work up a sweat, there's even an iPhone app that measures how many calories you burn off having sex.

» [bedometer.com](http://bedometer.com)

### STAND AND DELIVER

We all know the Brits love to queue but standing in line can also burn around 95 calories an hour (entirely possible if you visit the post office at lunchtime).

## ROLLER DISCO

Dust off your day-glow and limber up in your leg warmers – roller disco is back.

Ok, so this may technically be clubbing (there's a licensed bar and it's open til late) but you can burn up to 600 calories an hour so it counts as exercise to us.

Whether you're an absolute beginner or a bit of a pro, the mix of 70s cheese and funky house will have you busting out skatetastic moves straight out of *Xanadu*.

» Renaissance Rooms, Off Miles Street, Opposite Arch No. 8, SW8 1RZ  
☎ Vauxhall (020 7720 9140; [renaissancerooms.co.uk](http://renaissancerooms.co.uk)). Thursdays 8pm-midnight £10, Fridays 8pm-2am, £12.50 and Saturdays 8pm-2am, £15.



Bounce to Bhangra beats at Bollywood