



## Lose the Spare Tire: The Top 5 Workouts in Las Vegas

Posted by **Susan Stapleton** on January 4th, 2011

If you made a new year's resolution to start hitting the gym, you may want to reconsider when you take a look at some of the great workouts you can get in other ways in Las Vegas. You don't have to resort to running on a treadmill, coming up with your own strength training or taking one of the group fitness classes at the gym. Check out these great workouts you can get at these alternatives to the gym.

### 1. Workout Quest Boot Camp

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

702.882.4021



Change up your workout with the next best thing to having a personal trainer. Workout Quest boot camp features two sessions in the morning and evening that bust you with strength training three days a week and cardio the other two days. Trainer Tony Wood holds you accountable for your workouts and offers counseling on your nutrition as well. If you want to kick up your workout and see results, this will do the trick.

### 2. Barre Las Vegas

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

Town Square, 6521 S. Las Vegas Blvd. Space B-106, 702.362.2773

1215 S. Fort Apache Rd., Suite 150, 702.243.2277



If intensifying your core is your goal, head over to Barre Las Vegas for some ballet basics that combine core strengthening, yoga, Pilates, ballet bar work and orthopedic stretching. Owner Sue Harragan says that no two classes are the same. You can even find Pilates classes at either location.

### 3. Wand Fight Team

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

4631 Dean Martin Dr. Suite 300, Las Vegas, 702.538.830



Las Vegas is the home of UFC fighting, and many of the top fighters train right here in Sin City. When you want to hone your own MMA skills, turn to Wanderlei Silva's gym, named one of the top MMA gyms by Fighter's Only magazine. The gym offers classes in boxing, Muay Thai, Brazilian Jiu Jitsu and more throughout the day. And you might just see Silva himself working out.

#### 4. Sergei's Dance Studio

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

4555 S. Fort Apache, Suite 100, 702.405.7293



You would think with the popularity of “Dancing with the Stars” that everyone would be taking ballroom dancing lessons. If you want to get your workout in while learning the art of seduction, check out Sergei’s Dance Studio. Sergei Shapoval, a Ukrainian-born professional dancer, opened his studio last September. The modern dance facility features 2,400 square feet of indoor space with a floating dance floor and an additional 600 square feet of outdoor event space bedecked in shades of rich tangerine and plum. You can take individual, private lessons, as well as group classes throughout the week. Every Saturday night features dance

parties where you can show off your new skills. The clientele ranges from cast members from “Vegas! The Show” to Rick Faugno, who plays Frankie Valli in “Jersey Boys” and his fiancé, who wanted to learn a new dance for their wedding.

#### 5. Fawnia's Pole Dancing Studio

[www.poledancinglasvegas.net](http://www.poledancinglasvegas.net)

4265 S. Arville St., 702.878.7653



File this one under only in Las Vegas. Fawnia’s Pole Dancing Studio has become a popular bachelorette destination with its lessons in pole and lap dancing. But the workout helps you improve your body awareness and increase your strength, flexibility, confidence and sexiness to boot. The studio features 140-plus classes on pole dancing (seven levels), lap dancing, choreographed striptease, yoga, booty camp, go-go dancing, chair dancing, belly dancing, salsa, hip hop, ballet, mat Pilates, cardio kickboxing and more. Teri Hatcher, Paris Hilton, Carmen Electra, Daryl Hannah, Pamela Anderson, Fergie, Kate Hudson, Cindy Crawford,

Jessica Alba and other celebrities who enjoy this workout can’t be wrong.