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Fusion Fitness

TrendCentral: These fusion workouts combine the intimacy of personal training with the challenge of boot camp-style conditioning in private, class-like settings. Each session targets the five key elements of a complete fitness program—strength & endurance training, flexibility, and balance & core work. Juliet Kaska, fitness guru and owner of L.A.'s Emerson Hall Fitness created these three-times-a-week-for-five-weeks programs exclusively for her famous Zen-mod training studio by pulling from a multitude of her favorite exercise methods (resistance training, yoga, boxing, cross training, plyometrics and pilates) and incorporating nutritional food and whole health guidance.

Hybrid Fitness Programs [TrendCentral]

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