

TIME TO TRAIN: Pole dancing develops key muscles; be pushed to the max by British Military Training; or go for something sexier with burlesque



BE STRONG: Pilates is suitable for all fitness levels



Beach beautiful

Have fun while getting in shape for the summer

IT'S the time of year when we start to think about booking our summer holiday.

A week or two in warmer climes; lazing on the beach and relaxing as much as is humanly possible. Bliss.

Unfortunately, with the excitement of looking forward to a well-earned break, comes the unavoidable worry about what we're going to look like when we get to the beach.

Sorry ladies, it's time to start your summer exercise regime. Again.

If you're not a gym bunny, then the thought of digging out your exercise gear and stepping on to the treadmill probably fills you with dread. So, what else can we do to help us tone up and get fit?

Here are a few interesting ideas to try.

Foxy lady

It might have originated over 150 years ago, but burlesque is now more popular than ever. Surely this glamorous dance style could be a valid form of exercise, after all, it seems to have worked well for the Pussycat Dolls.

Well, a new school in Tunbridge Wells, Foxy Burlesque, is teaching ladies around the town to dance in a glamorous, calorie-burning way. Burlesque instructor Laura Lawton aims to imbue her students with confidence, at the same time as they improve their fitness and learn a few cheeky moves.

Courses take place weekly at The Beacon and The Grey Lady. Average calories burned per hour: 250+ Price: £100 for an eight week beginners course

Contact: 07711 142 642 or go to www.foxyburlesque.co.uk

Drop and give me 20

Some of us need a little more encouragement to really put some effort in to exercise. If that sounds like you, what could be more motivational than having a former Royal Marine Commando pushing you to work harder?

WEEKEND FEMALE

With **MELISSA WOODLAND**

British Military Fitness runs courses all over the country, with retired armed service personnel (retrained to work as fitness instructors) putting us civilians through their paces.

The Common is the usual training ground for the Tunbridge Wells BMF group. People of all ages and abilities take part in an hour long outdoor class led by ex-Commando Matt Chilton, improving their fitness and losing weight as they go.

If you think it sounds a little scary, relax. Matt will encourage you to work as hard as you can, but he won't push you to match the levels of the super-fit. And there are different classes to suit various abilities. They offer a free taster session, so why not give it a go? Average calories burned per hour: 500+ Price: £50 joining fee, £120 for a ten week course

Contact: 0870 241 2517 or see www.britmilfit.com

Poles apart

If you'd like to do something to get your heart racing, give pole dancing a try. Just learning to spin around the pole will build on your upper body and improve core strength, while putting a routine together increases your cardiovascular conditioning. In fact, pole fitness, as it is known, works on all the muscle groups, including ones you didn't know you had.

Extreme-Exercise run regular exercise courses in Kent and East Sussex, aiming to abolish the pole dancing stereotype while improving your fitness and tone.

At her Level 1 class, teacher Jess Short will instruct you in the basics; simple spins for example, which strengthen the arm and abdominal muscles. Once you've completed those, you can move on to Level 2; the more complicated turns and inverted moves. Levels 3 to 5 are also offered if you want to become a master.

Like the sound of it, but think you're a bit too shy to spin in front of a group? Private classes, one-to-one or with a group of friends, can also be

booked to suit your abilities. Average calories burned per hour: 250-400 Price: From £40 per month (one lesson per week) Contact: 07772 458673 or visit www.extreme-exercise.com

Let's dance

Dancing has always been a great way to burn excess calories. And one dance trend has already proved hugely popular in the area – Aerodance.

Women of all ages have signed up to take part in weekly dance classes that combine a traditional aerobic workout with the fun of dance steps.

Sessions run for either 60 or 90 minutes and you'll be dancing from beginning to end.

Because it has been designed and choreographed by a professional dancer, you actually learn routines, rather than just going through a series of movements.

But don't worry if you've never had dance lessons. You won't be expected to body pop or do hand stands. You will, however, learn to pirouette and dance the Charleston.

Average calories burned per hour: 400 Price: From £20 per month. Ring for more details.

Contact: 0845 430 8383 or see www.aerodance.co.uk

Inner strength

Pilates has been used by people to tone and strengthen their body for over 85 years. It's suitable for all ages and fitness levels, so it's a great place to start if you just want to firm things up before you board that plane to the sun.

Basically a set of movements and principles, Pilates improves your core strength, flexibility, co-ordination and that all important body tone by carrying out a series of motions against the resistance of your own body.

Sandrine's Pilates on London Road offers a range of classes, using both mat-based exercises and a Pilates machine. Her Disco Pilates class is ideal if you want to have a bit of fun while you exercise.

Combining cardio moves with Pilates and the music of the disco era, Fame has definitely inspired this course. Legwarmers optional.

Average calories burned per hour: 240 Price: From £44 per month (for four classes)

Contact: 01892 618493 or go online to www.sandrinespilates.co.uk

IN BRIEF

Short cut

Lime Hill Road salon Garbos, in Tunbridge Wells, is offering customers who have their hair restyled a complimentary TIGI Haircare pack until March 26.

Worth a minimum of £30, the pack includes shampoo, conditioner and a styling product to help you achieve salon-perfect hair at home.

Call 01892 534 344 for more details.

Italian style

The new Spring/Summer 2010 collection from Gant hits Hoopers on March 22.

Drawing inspiration from the Italian coast, their New Nautical and Amalfi ranges are full of the zest of the Mediterranean.

Receive a ten percent discount and a free gift if you spend £100 or more on Gant on Saturday, March 27.

New face

Spending hundreds of pounds on cosmetics and haircare to look a little bit younger?

All you might need is a new pair of eyebrows. The ancient art of threading is one way to shape and take care of your brows – cotton thread is rolled across each brow to lift each and every stray hair out.

Visit the Blink threading bar at Fenwick to find the eyebrows you're meant to have.

Call 01892 516 716 ext 2526 to book.

Fashion fizz

Diet Coke drinkers are in with a chance of winning the latest looks from this month.

Coca-Cola has teamed up with ASOS.com and fashion magazines including Grazia for their most recent promotion.

As well as free magazines, consumers have the chance to win an outfit every 30 minutes and claim money off vouchers through the Coke Zone online.

LUXURY HOLIDAY HOME FOR SALE

Sited at Seaview Holiday Park near Whitstable. Immaculate condition, two bedrooms, double glazing, central heating, fitted kitchen, en-suite bathroom, large verandah.

Viewing essential **£44,995** inc 2010 site fees

For more details call **07902 938991**