

HOME DINING RECREATION TRAVEL COMMUNITY HEALTH SHOPPING

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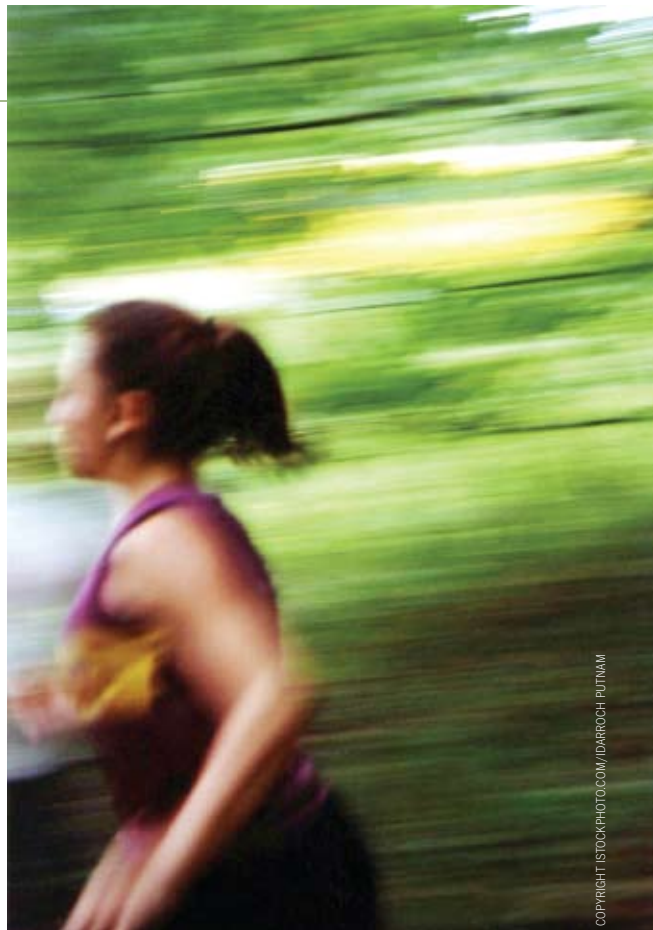
The Great Outdoors



ONLY IN OJAI, THE MILLIONAIRE POTTER,
A BUG STORY, TEMECULA WINE COUNTRY, AND MORE

TAKE IT OUTSIDE

When it comes to keeping fit, the cooler days of fall offer a variety of ways for you to exercise your options. Here, two of our favorites.



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BEYOND THE BURN

There's no need to work out in a stuffy, sweaty gym when you can train in the great outdoors. You won't find Beyond the Gym by its address because there is, as they say about Oakland, no *there*, there. But if you're looking to combine a love of the great outdoors with a certain passion for fitness, you'll find what you're looking for at Beyond the Gym. Founder Debbie Aleman

conducts private and group lessons in gorgeous outdoor settings throughout the Conejo Valley. One day you might be hiking the Santa Monica Mountains, another day might find you doing push-ups in the park at Triunfo Canyon. Something about the chirping of birds and the sight of

squirrels darting up the trees takes what can be a painful chore and turns it into a joyful and communal physical challenge. Rainy days don't equal rainouts, instead Aleman heads for places like Oak Park's Oak Canyon Park where the outdoor pavilion overlooking a duck pond provides an inspirational space to burn it off. Besides changing backdrops, Aleman uses a variety of ways and means of working the whole body from brisk walking to working with resistance bands to basic weights.

DETAILS:

Beyond the Gym
Thousand Oaks
805-796-3119
www.beyondthegym.com

WE LOVE: Aleman's Friday Cardio Class, which is billed as "a challenging mix of trail and neighborhood hikes with high intensity intervals, hills, dynamic strength, and agility work." This class puts you right in the thick of the great outdoors and challenges you from the start.

YOU'LL LOVE: Aleman. The trainer, who comes with a pretty impressive set of fitness credentials (and looks it), is completely focused on the success of each and every student. While she conducts her classes with a welcoming blend of warmth and humor, Aleman keeps a vigilant eye on everyone's technique and progress, constantly correcting and amending individuals' movements based on their personal needs. The end result is a customized exercise program that really is a breath of fresh air.

TIP: All trainers are not created equal, so make sure you check your personal trainer's credentials before beginning any exercise program. Aleman's creds check out beautifully and include completion of UCLA's award-winning two-year certificate program in Fitness Instruction. She's also certified by nationally and internationally recognized organizations like the National Strength and Conditioning Association, the American Red Cross, the National Academy of Sports Medicine, and Tina Vindum's Outdoor Fitness.

