



Night & Day

Challenge your mind & body at Perspirology

BY BRIDGET MCCANN
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After playing basketball in college, I've been searching for a workout that would give me the same feeling as a two- to three-hour practice.

It looks like I might have found it. Perspirology in Sea Bright offers a type of workout that involves several different elements including dance, strength power and flow. It changes all the time to work on a person's cardiovascular and muscular endurance.

I recently had the chance to try it out myself.

GREAT STAFF

The small staff at Perspirology — husband-and-wife duo Katy Fraggos and Jason Yachanin — are both young, fun people who are inviting the second you step into the door.

Katy is the lone instructor, for now, and is great.

I've taken several different workout classes at my local gym, but none of the instructors have challenged me quite like Katy.

The difference I've found with Katy, compared with the instructors at my gym, is the pure energy she exudes while instructing.

Not only is she a very positive person, pushing you the entire time during the workout, but she does each and every move perfectly and really gets involved with you.

In any previous classes I have attended, instructors will not always do the entire workout with you, and never at the level of intensity that Katy does each move.



I often found myself stopping to think, "Wow, she does this multiple times a day and still maintains such a high level of energy?"



The studio is kept at a temperature of 85 to 90 degrees, which is a nice change of pace

from my normal trips to the gym where I have to work harder in the beginning so I'm not freezing the whole time.

We started with a warmup of various plyometric exercises such as high knees, butt kicks and grape vines.

The difference with these drills is that they were throughout an obstacle course of foam rollers.

The warm up lasted about 10 minutes, but I felt more tired than I do after my normal one-hour workout at my gym.

It was not long before I was drenched in sweat and every muscle in my body was aching. Despite being physically exhausted, it also excited me to be participating in such a high-energy, difficult workout.

Once our warm up was over, we went into cardio arms, which consists of various cardio exercises while

holding a small weight. I used a three-pound weight, which did not seem like much at first but I was quickly proven wrong.

The object of the workout is to fatigue the muscles in your body, and those three-pound weights certainly do the job.

The object of Perspirology is to build long, lean muscle as opposed to building a lot of bulk.

After cardio arms, we moved to our yoga mats and did several different exercises to tone the abs, glutes and legs.

I'll admit I found this to be one of the hardest parts of the entire class, because by this point, every part of your body is quite fatigued. It was a little bit easier, however, with Katy next to me, pushing me to finish my repetitions.

The class closed out with exercises designed specifically for abs, which were far from your typical crunch that most people think of.

GET INTO SHAPE

Overall, I'd have to say that Perspirology is a fantastic workout for anyone, whether it be a former athlete like myself looking to replicate those tough days on the basketball court, or someone who is looking to get into shape quickly.

Perspirology will certainly do that for you. With such a knowledgeable, fun and energetic person as Katy leading each class, you will notice the time flying by.

Give it a try. With your first class free, there's nothing to lose. I know I'll be back soon. For more information, visit perspirology.com.

