

# The New York Times

## A Bit of Dance, a Touch of Heat

By SHIVANI VORA

*Excerpt from New York Times article on June 7, 2012*

My instructor, Katy Fraggos, who runs the program on the East Coast, was so enthusiastic and the music so motivating that I forgot about the warmth and focused on the moves.

Our 30-minute session was in the room where most of the muscular work is done. It's filled with various tools, including a half-dozen resistance bands hanging from the ceiling and black boxes that are taller and deeper than those used in step-aerobics classes.

Ms. Fraggos led me through a warm-up of arm work that involved pulling down the second-to-lightest band at varying angles. It was a warm-up in name only: my heart was soon pumping and my arms burning.

Then it was on to leg work on a mat with one of those innocuous-looking black boxes. I've tried Pilates and ballet bar workouts, but these movements were unlike anything I had experienced. Starting on my hands and knees, I turned the box over and put my right knee inside. I then had to bring the same leg out of the box and kick it backward at a side angle 25 times in a row. After switching to the other leg and repeating the drill, I felt my muscles shaking.

On the mat, I raised my knee to my chest, turned my foot out to face the wall and kicked it straight to the side for the same number of repetitions. These were only two out of six leg exercises — Ms. Fraggos cheerfully told me that she dropped the number of repetitions because I was a first-timer participating in a demonstration. Meanwhile, the women around me, engaged in their own muscle work, were sweating so much that the floors became slippery.