

Staying Fit in Tucson

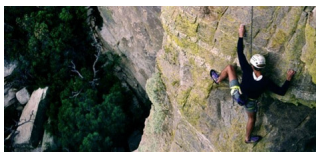
Written by Written by Amy Strand

Going to the gym and hopping on that same machine day after day can get stale quick; but we all know that exercise is a part of a healthy lifestyle. In order to add some excitement to your routine, see new results and most importantly, have fun while doing it, check out our list of the best ways to spice up your workout here in Tucson.



For the Spa-Goer: Tucson is well-known for being a spa mecca of sorts; but did you know that one of your favorite local spas can also help you get fit? The JW Marriott Starr Pass Resort & Spa now offers spa and fitness memberships to local residents, so you don't have to be a guest at the gorgeous resort to use the facilities. Memberships include use of the 20,000 sq.-ft. facility which features a fitness center, whirlpool, steam room and sauna, pool and a movement studio that features a large outdoor terrace. Four different memberships are offered, making it easy to fit into your particular lifestyle. For more information, call the Hashani Spa at 520.791.6117.

For the Adventurist: Rocks & Ropes of Tucson is the perfect place to sweat out all the stresses in your day. This climbing gym is ideal for both experienced climbers looking to get a little extra practice or even someone just learning to climb. Rocks & Ropes even has Kidz Klimb events every Saturday and Sunday. If you'd prefer to take your climbing skills outdoors, Tucson has fantastic rocks and mountains to climb. You may hire a professional from Rocks & Ropes as a part of their Outdoor Climbing Schools and Guide Service. Both first time climbers and experts can take advantage of this service. www.rocksandropes.com.



For the Nature Lover: There's nothing better than getting outdoors early in the morning and enjoying the fresh air as the sun comes up. One of the most popular places to hike is Sabino Canyon. Here, you can either choose to take the Sabino Canyon Trail or the Bear Canyon Trail—the main road on the Sabino Canyon Trail goes over 9 stone bridges (depending on the time of year, you may have to traverse through some cold—albeit refreshing—water) and ascends from 2,800 to 3,300 feet. For extra calorie scorching, opt of the tram rides and simply walk or run. Other popular hiking sites include the Pima Canyon Trail, the Santa Cruz River Park Trail and the Rillito River Park Trail. www.sabinocanyon.com.

For the Zen Enthusiast: Yoga has a reputation as being a great way to calm your mind and unwind, but it can also be an intense and productive workout. A few Tucson yoga studios to look into: Tucson Yoga, which was voted Best Yoga Studio in Tucson 5 years in a row and has both advanced and beginners classes; Yoga Oasis, which offers affordable prices (Intro to Yoga is only \$6!) and a variety of always-changing fun classes and workshops; and Bikram Yoga of Tucson as well as Yoga Vida, offering Bikram yoga classes for all you heat lovers out there (and who isn't a heat lover in Arizona?). www.tucsonyoga.com, www.yogaoasis.com, www.bikramyogatucson.com, www.yogavidatucson.com.