



Ninja Obstacle Course

THE STUDIO Martial Arts & Fitness
Roseville, trainatthestudio.com

I've been working out at THE STUDIO for four years and have taken all kinds of fitness/kickboxing classes, but nothing like this one. When I heard it was a Ninja training class the first thing that came to mind was Teenage Mutant Ninja Turtles. But, alas, turtle power would not be the purpose of this class; achieving the ability to do what I did in second grade became my goal. What did I do in second grade? The monkey bars—they're a lot different to navigate at 58 years old than they were when I was eight, that's for sure. Who knew I couldn't swing from bar to bar anymore, jump over a four-foot bag, climb a rock wall, or do pull-ups? Although my body has said "no" to going back to second grade, I am able to do things I haven't done in years. And those monkey bars? So far I've been able to swing to two bars, but am working on the third. This class is by invitation only—you have to be able to do at least one pull-up and be in good health. If you have knee or back problems, it's not for you. Strength training is important for maintaining bone density, but this class also incorporates cardio, ab work and balancing. Have you ever seen *American Ninja Warrior*? Consider this your starter course. It's challenging but the sense of accomplishment makes it worthwhile.—DL

Areas of the body most worked: Arms, back and core, with additional focus on legs and abs

Length of class: 45 minutes

Sweat factor: Since there's less cardio and more strength training, you aren't fully drenched but you do work up a sweat

Price: Check with THE STUDIO for details