

12. Beyond Barre

There isn't a muscle in your body that is exempt from this hour-long group class—in fact, chances are that every single muscle will be pushed to its limit as you use hand weights, yoga stretches, and the ballet barre for this cardio-meets-sculpting workout. Owners/instructors Liz Hilliard and Clary Hilliard Gray are a mother-daughter team armed with inspirational abs and a contagious enthusiasm for their classes. Each class, which is set to upbeat music, has around twenty participants, all devotees of the workout, who swear it's given them the leaner muscles, better posture, and flatter abs it promises.

\$25 per class, Hilliard Studio Method, 530 Brandywine Rd., 704-236-3377, hilliardmethodstudio.com

Want More?

Pure Barre at Pure Barre, 603 Providence Rd., 980-329-4640, purebarre.com
Absolute Core Barre at Absolute Pilates, 6817 Fairview Rd., 704-442-8600, absolute-pilates.com



Don't be fooled by the seemingly easy ballet-like poses. At Hilliard Studio Method's barre class, you'll walk away with a full body workout that rivals any boot-camp session.

13. Ice Skating

For a fun workout, complete with gloves and mittens (and a Dorothy Hamill-like skirt, if you wish), hit the ice at Pineville Ice House for a thirty-minute adult beginner ice skating class. You may fall on your rear end before you master your balance, but you'll be skating laps in no time. Which also means you're one step closer to a professional ice skater's gorgeous gams.

\$104 for eight weeks, free skate rentals and public skates on class days, Pineville Ice House, 400 Towne Centre Blvd., Pineville, 704-889-9000, pinevilleice.com

Want More?

Skating School, Extreme Ice Center, 4705 Indian Trail-Fairview Rd., Indian Trail, 704-882-1830, xicenter.com

14. Muay Thai

At Ultimate Gym's muay thai class, you'll learn how to kick, punch, and jab using Thai boxing's "science of the eight limbs." Kicks will stimulate your glutes, while punches, jabs, and hooks will exhaust your shoulders. It's a relaxed martial art, but it's powerful enough to offer a fat-blasting and muscle-toning workout.

\$15 per class, Ultimate Gym, 401 E. Thirty-Fifth St., 704-333-0071, ultimate-gym.com

Want More?

Black Belt USA, 11915-A N. Tryon St., 704-595-1945, blackbeltusa.net
Dick Harrell Martial Arts, 210 Rampart St., Ste. D, 704-619-2024, dick-harrell.com

15. Flag Football

Charlotte Sports Center, an 80,000-square-foot indoor sports facility, is a Mecca for adult sports leagues. Flag football is so popular that leagues—seven-game season plus playoffs—are offered in spring, summer, fall, and twice in winter. With a forty-foot-tall ceiling and state-of-the-art turf, you can pretend you're playing in the Georgia Dome. *\$599 per team, Charlotte Sports Center, 8626 Hankins Rd., 704-597-7311, charlottesportscenter.com*

Want More?

Queen City Flag Football League, 704-210-2268, qcffl.net
Turf Burn Sports, 704-909-6114, turfburnsports.com
National Flag Football League of Charlotte, meetup.com/NationalFlagFootballOfCharlotte