

Tips for Toning

Liz and Clary Hilliard's one-hour Myers Park fitness classes, which combine Pilates and resistance training, are a favorite for those not afraid to sweat for results—including a few local celebrities. And these days fitness fanatics can get their fix at home with the new Hilliard Studio Method Total Body Sculpt video, perfect for the workout without going out. We checked in with the mother-daughter duo to get tips on how to get fit now—and stay that way all year long. www.hilliardstudiomethod.com.



Charlotte's Clary and Liz Hilliard released their latest work out video last month.

“To achieve your best body, mind and spirit, you need to support yourself and to do that you need others you can rely on. Exercising with friends keeps you motivated and is so much more fun.” - Liz

“While you're running errands or at work, remember your strong core and maintain an upright posture. The stronger your spine is, the healthier and younger you'll look.” - Clary

“Try not to over-exercise. To stay in great shape, all you need is an intense, satisfying workout for one hour a day. Cardio is nice, but extension and resistance are key. Don't worry about resistance creating bulky muscles; bulk results from your diet. Resistance exercises build lean muscle that increase your metabolism and get rid of belly fat.” - Liz

“Muscle confusion is the name of the game. Make sure you're always doing different postures because they keep your workout productive and your mind young.” - Clary

“Never make a New Year resolution you won't enjoy. You'll stick with a workout when you do exercise you love.” - Liz

“On days when you don't have time to go to a class, you only need one or two minutes to work your whole body. Go in to plank. Add 30 push-ups if you have time. Both of these plank variations strengthen your core, work your legs, energize your arms and target the bra bubble on your sides and back.” - Clary

TIGER'S EYE

Just a mile south of uptown, the 6,000-square-foot South End family-owned Arrichion is the hottest studio in town—literally. The yoga studio section is kept at more than one hundred degrees with 60 percent humidity so getting a workout that makes you sweat is practically guaranteed. While you may be drenched before you do one downward-facing dog, the one-hour Tiger's Eye class ensures you're getting in serious shape whatever the temp. The class, which is split into circuit training and yoga, typically draws crowds of around 70 people searching for a high-energy, group workout. Young professionals flock here post-work, streaming into the circuit training gym, thumping with top forty hits, or the adjacent yoga studio where a more calming playlist beckons. You don't choose where you start the workout, but the hybrid non-stop class means that you're getting all the stretching and toning benefits of an athletic yoga session, alongside the calorie burning of circuit training. *Classes start at \$15. Arrichion, 125 Winona St., 704-201-4586, www.arrichion.com*

RELEVÉ 3

Deep stretches, ballet exercises similar to barre technique and breathing instruction merge to form a ballet/yoga fusion that delivers in this new class at Flex + Fit. Bring your mat, a towel and a huge bottle of water—the 105-degree room will keep you sweating, though a cool-down period at the end of class will ease the transition to the outside world when you're finished. You may also want to bring your Lululemon gear as this sleek uptown gym caters to a trendy crowd. The class, which plays laid-back tunes like Florence + the Machine, is suited for all levels, but some barre, yoga or “hot” experience helps. Instructor and curriculum creator Colton Southworth, who believes in a holistic—“not pound-to-the-ground gym mentality”—approach, notes that newcomers should be patient with themselves during the first few classes. “Listen to your body,” he says. “‘I'm tired' and ‘I'm lazy' are two very different things. The heat is an adjustment, so try it a second time before making a decision.” *Classes start at \$20. 550 S. Tryon St., 980-219-8425, www.flexandfit.com*

FIGHT GONE MAD

Former Checkers players Kirk Dewaele and Brandon Cullen are the fit duo behind this South End studio, which more than doubled its size last fall. Their gym, which offers an interval training class infamous for its ability to leave even the