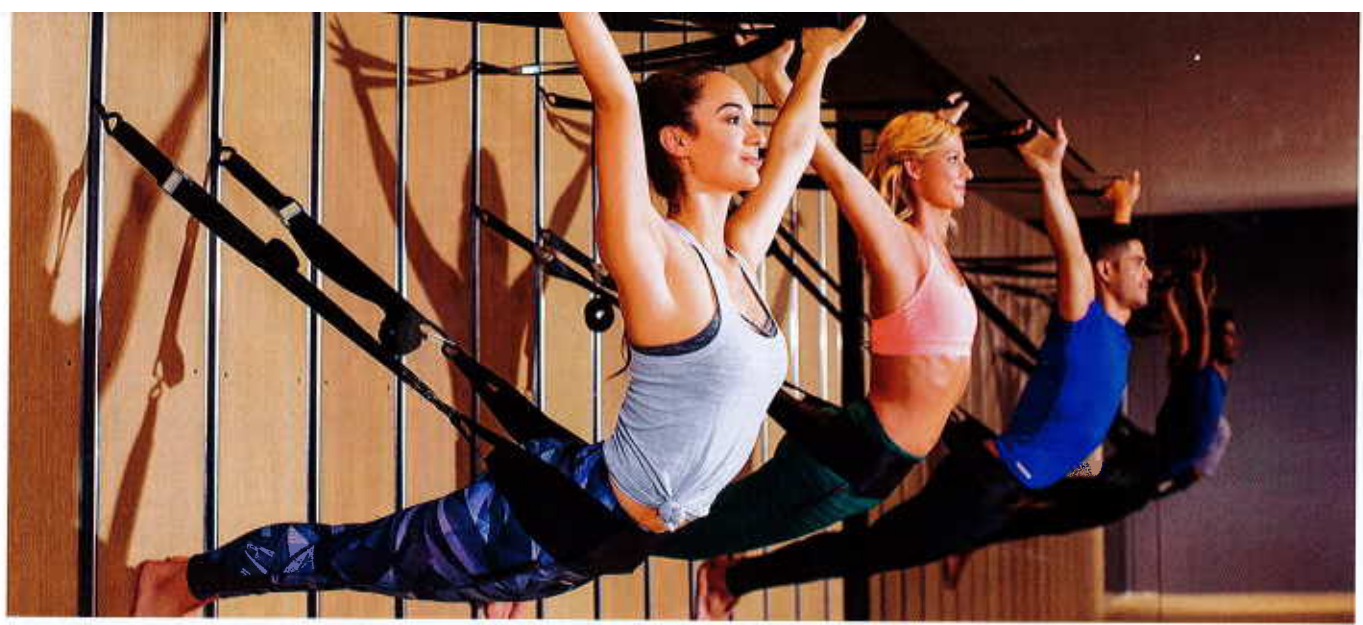


A PLETHORA OF EXERCISE OPTIONS

Whether based on new or old practices, Las Vegas provides a variety of exciting programs to get and keep you fit

BY HALEY CALDWELL

Living, working and playing in a city that revolves around entertainment, Las Vegas locals know that the Strip's unparalleled offerings don't have finite limits. Flowing over the bounds of Las Vegas Boulevard and into the crevices of our valley, Las Vegas' fitness industry is one of the many facets in which this vibrant Vegas energy works its magic. Upholding Vegas' entertainment standards to construct top-of-the-line workout facilities with instructors of the same caliber, our locals are redefining the gym as a destination rather than a drag. Highlighting several studios and their instructors that contribute to Las Vegas' rising fitness empire, the studios outlined below not only will take your workouts to the next level, but the sweat-to-smile ratio found in these unique classes and experiences will make an exercise enthusiast out of just about anyone.



WALL YOGA

A shining characteristic of yoga that has made it popular across the stretches of the world is its ability to adapt to fit the needs and capabilities of anyone who gives it a try. A highly advanced practice on an extreme end of the spectrum and an inviting introduction on the other, yoga is a universal language that anyone can understand and make their own.

Between all the different variations of the practice, some techniques, such as the use of blocks and blankets, are widespread while other techniques, such as the use of ropes attached to a yoga wall, are not as common.

Wall yoga is a method that utilizes the aforementioned wall and affixed ropes as a tool to develop a deeper practice and develop skills that are not yet mat-ready, and it's offered here in the Valley.

With this method taught at Red Rock Casino Resort & Spa, every person who straps in and gives wall yoga a chance is bound to discover something new and expand their practice. A meditative, restoring and challenging workout, wall yoga is, according to the resort's wall yoga instructor Tevis Hurst, "... versatile, accessible, and it allows you to build endurance and stamina while increasing flexibility."

Although strapping into the wall's ropes may seem intimidating to beginners and even to experienced students, the ropes are used as an aid to provide support and assist in postures that need to be strengthened or experienced before they are practiced on the floor.

"The wall really lets you feel supported in the straps and lets you release deeper and more fully so that you get to really get into the sensation of self and of the practice," Hurst explained.

With joint compression eliminated and suspension allowing for the spine to open, students are able to experiment with hundreds of poses

that previously may have been limited or made them feel reluctant to try on their own. Additionally, by simply adding a new dynamic to the exercise, focus is strengthened, which allows for the mind-body connection to be more beneficial to the hour spent in class.

Hurst also explained that taking your practice to this new level allows you to, "... become more connected in your mind and increase that inner wisdom, that ability to concentrate amidst chaos."

So whether you have been practicing yoga for 20 years or if this is your first class, wall yoga can be put to work to address a scroll of needs.

"The wall lends itself to an advanced practitioner or to a beginner. It doesn't matter what age you are, what size you are, what shape you are, how you're feeling inside that day," Hurst said. "Come on in, we are going to give you what you came for, even if you don't know what that is."

From practicing inversions to simply holding poses for a longer period of time, the near weightless experience gives both your mind and body the permission needed to withstand the goals put in place.

Gravitating toward the idea that one day, students will be able to transition their wall yoga practices to the mat and still return to the wall when it's time to make the next progression, the ropes and wall are tools that should be used continually at every stage of an individual's yoga practice. With this considered, the wall becomes a supplement to the mat's practice; it aids, deepens and strengthens the practice to prepare students for the next level of their yoga journey.

Hurst noted that, in the same way that the smell of fresh bread or the colors of the sunset cannot be described, wall yoga is something that one simply must, "... come in and have 60 minutes to sit with yourself, and challenge yourself, and feel it in your bones," all to take in the experience for yourself. □