

Superhero Moves

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I must admit, I love to workout, and working in the spa industry has offered many opportunities to improve my practice. Last week, I was especially excited to check out [Spiderbands](#), a total-body cardio resistance workout that leverages gravity and body weight. Offering a variety of classes at its Brooklyn location [Fuel Fitness](#), including trapeze and kickboxing, Spiderbands is suitable for beginners and avid athletes.

Although classes are challenging, all of the moves can be modified for the novice exerciser. Coming from a gymnastics background, I was eager to try the Spiderbox session, which uses suspended bands that hang from the ceiling. Pulling them during moves like jabs and kicks fired up everything from my shoulders to thighs, and floating abs—a series of planks with feet hanging in the straps—made me break a sweat immediately.



The toughest (and most fun) part was when founder **Franci Cohen** had me run up to the freestanding heavy bag and hover mid-air—I felt like Spider-Man scaling a building. Thanks to a full menu of fitness offerings, Spiderbands offers lots of inspiration for guests who want to challenge themselves with new moves focused on improving their overall fitness level and figure. And with the holiday season in full swing, there's no time like the present to jump-start your fitness resolution to look great and keep unwanted weight at bay.

How do you encourage clients to participate in fitness classes?