

Fitness 101: Fusion Fitness

Fusion Cuisine is all the rage. You can find Hawaiian-Asian, Thai-French, and an array of Japanese fusion dishes. Here in Philadelphia, we even have a restaurant that specializes in Peruvian-Cantonese food. It is incredible!

So what's this have to do with fitness? Well, the fitness world is finally catching on to the fusion craze and creating fun, innovative ways to exercise. Check out these popular Fusion Fitness options and pick one (or more) classes that you'd like to try.

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Happenings: Complementary Training for a Competitive Edge + Area Charity Events

How did 20-year-old Andy Murray beat top-ranked tennis great Roger Federer at the 2008 Dubai Open? He credits yoga. Sure, he practiced tennis too; but for a competitive edge, he turned to complementary training.

If your main exercise is running or cycling, consider these options for overall fitness...

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