



Hottest Places to Break a Sweat

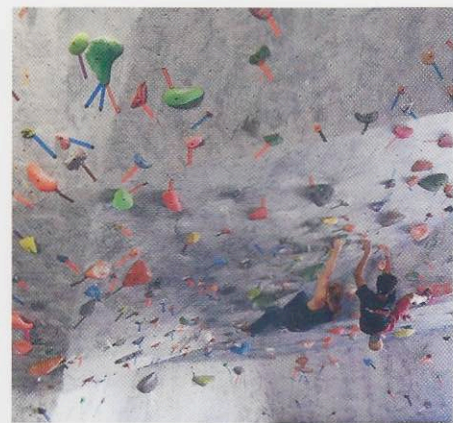
With temperatures heating up, we scoured the region to find the hottest (and one of the coolest!) locales to stay fit.

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The Strength Shoppe

350 S. Lake Ave. Ste.105, Pasadena, CA 91101, 626.999.4850 or thestrengthshoppe.com

When life gets busy, fitness usually falls by the wayside. Strength Shoppe's uniquely customizable program focuses on maximizing strength training, resulting in a complete muscle workout that lasts just 20 minutes, that you do only once a week—that's right, just 20 minutes, once a week. Because the workout focuses on lifting weights without momentum, muscle fatigue is reached in a shorter amount of time. As an added bonus, even those who are out of shape or recovering from an injury can take part in the efficient and effective workout. "One of the main benefits to this type of training is that due to the slow movements, the exercises are extremely safe and can be performed by those who have injuries or medical conditions," explains Strength Shoppe Owner Melinda Hughes.



Arcadia Rock Climbing

305 N. Santa Anita Ave., Arcadia, CA 91006, 626.294.9111 or arcadiarockclimbing.com

For the daredevil or adrenaline junkie, dangling off a cliff is sure to give a thrill. While climbing mountains might be a bit of a stretch (literally) for the novice climber, Arcadia Rock Climbing Gym offers climbers of all levels of experience and age (5 years and up) a chance to prep and practice before taking to the mountains with a chance to build skills through lessons ranging from bouldering (free climbing) to belaying (how to secure ropes). Experienced climbers will enjoy the variety of challenging climbing routes and parents looking to keep their energetic little ones occupied can sign them up for the youth climbing team. For an especially "rocking" time, the climbing center also offers accommodations for birthday parties as well as team building activities ideal for corporations.