

# Paddleboard Yoga adds New Dimension to Fitness

Add a modern twist to your usual yoga routine with paddleboard yoga. The new class at South Run RECenter combines traditional yoga poses with an unstable surface in the pool for a challenging balancing act that makes fitness fun.

"I think this is good," said Rabbi Abu of Springfield after a paddleboard yoga demonstration class at the RECenter. "It challenges your skills more than land yoga."

Student Scott Thompson of West Springfield also tried the class while his three sons were engaged in other RECenter activities. "It was definitely interesting," he said. "Between normal yoga and this, the balance factor with this [paddleboard yoga] is definitely a challenge."

In paddleboard yoga, students dressed in clean athletic wear perform exercises on top of a floating training platform called a FITMAT, which is anchored to the pool's lane dividers. Four anchors per mat provide more stability for beginners, and two anchors provide greater challenge for advanced students. "The feel of standing on the FITMAT is the same as standing on a Bosu ball," said instructor Kat Davis. "To do the exercises on the mat in the water, you really have to use a lot of lesser or stabilizing core muscles to keep you upright."

While similar classes are held in open water outdoors, Davis says students often feel more comfortable in a controlled, pool environment. "Some people are afraid to go into the open water, and the pool setting takes the fear out of it," she said. There's another benefit to holding this class in the RECenter pool. Because it's indoors, students can challenge themselves with this unique, 30-minute, floating yoga and fitness class year-round.

To find a Paddleboard Yoga class that's convenient for you, turn to the Aquatics section.



**Kat Davis leads the Paddleboard Yoga class with encouragement and energy.**

