

# The Skinny on Fusion Fitness

Posted on [January 18, 2013](#) by [Janet Muniz](#)

*Unique to Maya Whole Health in the Renton area, **Fusion Fitness** brings together a variety of disciplines for a full body workout that helps you become stronger, more flexible, calm and confident both on and off the mat.*

**What is Fusion Fitness?** Browse our group class schedule, and you find this hour-long class offered several times a week, led by Maya instructors **Heidi Keith** and **Kristen Swanzy-O'Conner**. Fun and functional, Fitness Fusion is a hybrid class that focuses on building core strength, using the principles of yoga, Pilates, classic strength training, dance, and [plyometrics](#)-a training technique designed to increase muscular power and explosiveness. Teachers guide you through a flow of movement, offering modifications to work at your own level for the best results.

“Fusion Fitness is Maya’s answer for students who love yoga and Pilates, and also want to work on toning muscles and core conditioning,” Heidi says. “I love teaching it because I see my students learning a lot about their bodies. It’s like ‘personal training’ with a yoga or Pilates instructor.”



**Get Strong, Stay Toned.** Fitness Fusion classes use props such as straps, blocks, weights, and exercise balls to build on the results that a consistent yoga or Pilates practice already provide. Heidi says, “With extra emphasis on the core muscles, which include not only abdominals, but also back muscles, thighs, and shoulders- we isolate and work what we really want to strengthen.” The results are toner muscles and a stronger core. “In my Fusion Fitness classes, we use yoga- and Pilates-inspired moves to work the core and build strength in a very targeted way. It’s also great for those new to yoga or Pilates to

get acquainted with these practices and build the strength required for them.”

**Get that Fusion Glow.** Another benefit of Fusion Fitness is its fast-paced, sweat appeal. Take a class with Kristen, and you might be gliding across the room, learning new dance moves that she frequently incorporates into the routine. It’s a chance to get your heart rate up, relying on core strength to find both balance and control, increasing mobility at the same time. Plus, it’s a lot of fun!

**Like a Personal Training Session.** “Everything we do in life can benefit from a stronger core and a connection to mind/body awareness,” Heidi explains. “A big part of core strengthening is simply building that connection between mind and body, so students know how to ‘activate’ their core. I believe it is a great way to work toward better posture, too. Overall, people will see their lives improve.”

Find Fitness Fusion classes on Tuesday, Thursday and Friday mornings, and Friday afternoons. [Sign up here.](#)

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