

425

INSIDE. OUTSIDE. EASTSIDE.

Explore **Edmonds**
Learn to Dance
Hot Gym Gear

101 Health Tips, Tricks and Products



17 Ways to **Burn Calories**

Visit the **New Lake Chelan**

Is Botox Safe?



RUN PAST THE TREADMILL

17 Other Ways to Get Your Heart Racing

BY MELISSA FARAGE

Tired of your regular fitness schedule? If adventure is your idea of fun, try rock climbing, trail running or boot-camp. But if you prefer art to the outdoors, try your hand at belly dancing or hot yoga. Local fitness clubs, such as the Bellevue Club and Redmond Athletic Club, offer group fitness programs along with thousands of square feet of facilities. And if large athletic clubs aren't your thing, explore the specialized classes private studios have to offer. Either way, there are plenty of opportunities to have fun while keeping fit.

Bellevue Club

KINESIS — Bellevue Club is one of the only clubs to offer this program. Kinesis uses unique grips, cables and weight stacks to build lean muscle and facilitate movement. Classes include “Right to Bare Arms,” “Body Blast,” “Muscles in Motion” and “Kinesis Combo.”

SWING DANCE — Be prepared for a surprising workout while dancing with your partner to an invigorating jazzy beat.

TAI CHI — This mind-body practice originated in China as a martial art. Sometimes called “moving meditation,” a participant moves their body slowly while breathing deeply. It's believed that Tai Chi helps a vital energy called qi (pronounced “chee,” meaning “power”) flow throughout the body.

Details: bellevueclub.com or 425.637.4610

Hot Yoga of Kirkland

HOT YOGA — Fun and challenging, hot yoga builds strength, flexibility and balance, toning muscles while strengthening your cardiovascular and circulatory systems. The heat makes you sweat.

HOT POWER YOGA — Based on traditional hatha yoga asanas of China, hot power yoga is a combination of strength, stabilization, stamina and concentration. *Details:* hotyogaofkirkland.com or 425.739.0880

Redmond Athletic Club

VIP FIT CAMP — With a combination of weights and cardio, the VIP Fit Camp creates a close-knit community that works hard together to lose weight. Guaranteed results or your money back. This is for people who are serious and want to make a lifestyle change. There are interviews to get into camp.

ROCK CLIMBING — Ever wanted to try your hand at this growing sport? The Redmond Athletic Club provides you with conditioning and instruction, along with the equipment you need to excel at this extreme sport. Program includes belay certification course. There's also a rock climbing and overall conditioning class that incorporates kettlebells. *Details:* therac.net or 425.883.4449

Elite Fitness Bellevue

BOOT CAMP — Any fitness level can attend and walk away with an empty water bottle and a shirt drenched with sweat. Every Sunday morning, boot campers meet at Elite Fitness. There are two classes, one from 8 a.m. to 9 a.m. and another from 9:15 a.m. to 10:15 a.m. Boot Camp director Mike Van Tassel mixes up the class to make it more enjoyable and challenging. Boot campers enjoy the change of pace and variety of workouts. *Details:* elitefitnessbellevue.com

Pro Sports Club Bellevue

MARATHON TRAINING — Get ready for the marathon season with knowledgeable instructors who've been there themselves. Learn the basics of training, nutrition and mental preparation for the 26.2-mile race. Open to half-marathon runners.

TRIATHLETES' CLUB — Dedicated to giving PRO Sports Club members organized training, clinics, coaching and other resources to improve their triathlon performance.

ZUMBA — This traditional Brazilian dance features karate-like kicks and punches, fused with exciting musical rhythms to create a workout that builds muscle and burns fat. *Details:* proclub.com



Other fitness fun

Cadillac Work

Try the tower sessions at Lifestyle Pilates in Kirkland, a combination of a mat workout and Cadillac work. The Cadillac is called “the rack” because it resembles a medieval torture device. *Details:* kirklandpilates.com

Running Friends

Want to get off the pavement? Go trail running with a vivacious group of runners, explore the Eastside and beyond, everywhere from Cougar Mountain to the Issaquah Highlands. *Details:* eastsiderunners.com

Bellydance

Dance your way to a better shape with bellydancing. Several classes can be found on the Eastside at dance studios, gyms and even tents! *Details:* nwbellydance.com

Skate it Away

Head to Skate King in Bellevue and burn calories one lap at a time. They even let parents push strollers around the rink in a roller stroller session. *Details:* bellevueskateking.homestead.com

Get Personal

At ZenRock fitness in Redmond, philosophies from the East meet the West as clients learn about all the ways to improve their health. There are private rooms where one-on-one training takes place. From meditation to weight lifting, sessions can be tailored to your needs. *Details:* zenrockfitness.com

Nutrition Counts

Evolution Fitness in Bellevue wants you to work out while they balance your meals. This gym not only offers personal trainers but also offers nutritional programs. No time to cook? Evolution offers prepared, perfectly portioned meals. *Details:* trainevolution.com



HOLIDAY FOR HUTCH

The Hutch Holiday Gala featured live and silent auctions and an elegant dinner with hundreds of business and community leaders in attendance. This year's event raised more than \$2.2 million to support cancer research. Patrons raised the paddle to make contributions, and bid on several high-end packages, including a zero-gravity flight with space and science celebrities such as Bonnie Dunbar, Charles Simonyi and Dr. Lee Hartwell, which sold at \$7,500 per person for a total of \$157,500; an Italian sojourn at Villa Maddalena, \$20,000; a U.S. Open package, \$16,000; VIP tickets to the Country Music Awards, \$14,000; and an exclusive July 4 fireworks party on a rooftop deck at the Hutchinson Center's South Lake Union campus, \$13,000. Funds from this year's event are directed toward immunotherapy, a process through which clinicians harness a patient's immune system to battle cancer. Pictured: *Top left:* Captain Sig Hansen of "The Deadliest Catch" with auctioneer John Curley. *Left middle:* Ed Wenick with Victoria Robinson, Member of the Year of the Grace Heffernan Arnold Guild. *Bottom left:* Ren and Gretchen Whiting (Gretchen is a melanoma survivor who has benefited from Hutchinson Center clinical research; Ren is her husband). *Top right:* (from left to right) Hutch Holiday Gala Board of Directors members Dawn Stephens, Debbie Sakai and Jo Walkowski; Arnold Guild member Malia Edwards. *Bottom right:* Gerald and Gloria Swanson receive the Distinguished Community Service Award from Nikki Balt, president of the Arnold Guild. *Photos by Team Photogenic.*





POWER LUNCH IS BACK AT EL GAUCHO

El Gaucho has long been known as a local leader in providing fine dining, but only for dinner. The recently opened Bellevue location is the first to offer lunch. The menu lists familiar items such as baseball sirloin and filet mignon, and new items like wood fired flatbreads, salads and sandwiches which are more-affordable lunch options. El Gaucho Bellevue started serving lunch at the end of last year. Throughout 2008, the Mackay Restaurants' gave out tickets during the Bellevue El Gaucho VIP opening to Eastside and Seattle charities so they could auction them off for their causes. The tickets raised approximately \$200,000 throughout 2008. Pictured: Mackay Restaurant's father and son team, COO Chad Mackay (left) and CEO Paul Mackay toast the opening of Bellevue's El Gaucho. *Photo by Jeffery Fong.*



BRAVO FOR THE BRAVERN

Executives with Bellevue's The Shops at the Bravern partnered with executives of Americana Manhasset shopping center in Manhasset, N.Y., to co-host a cocktail reception at The Sea Grill in Rockefeller Center. 425 magazine's New York correspondent, Antoinette Alexander, attended and mingled with some of retail's biggest insiders, including representatives from Neiman Marcus. The Neiman Marcus store at The Shops at the Bravern will be the luxury retailer's first in the Pacific Northwest. Pictured: Antoinette Alexander with Wayne Hussey, Senior Vice President of Store Development for Neiman Marcus.



ENGINEERING SPIRIT

The Neighborhood Schoolhouse (NSH), a community learning and family support center located at Redmond Elementary School, participated in the First LEGO League (FLL) robotics competition and the team earned the Judges' Award for Spirit at the state tournament. The FLL robotics competition is an international event that showcases the talents of children, ages 9-14, in the fields of science, engineering and technology. This year's theme was "Climate Connections." Pictured (left to right): Christopher Wu, Richard Wen, Ben Fisher-Alvarez, Ryan Bruntz, Danny Flores, and Christina Diaz. *Photo courtesy of The Neighborhood Schoolhouse.*



NKBA END OF YEAR CELEBRATION

At the Puget Sound's chapter of the National Kitchen and Bath Association End of Year Celebration, members and guests enjoyed beverages and a buffet dinner at the Big Picture in Redmond. Awards were given to various sponsors and designers, including the Premier Media Group 'Volunteer of the Year' award. The Puget Sound chapter's 2009 board was also sworn in. Pictured (left to right): 425 magazine account executive John Stubb, 425 publisher Josh Dunn and 425 account executive Lander Martinson celebrate a successful year with the NKBA. *Photo by Amy Yamada.*



TRAINED TRAINERS

Elite Fitness' second annual Train the Trainer event was a huge success, generating more than \$15,000 in donations for the Austin Foundation, an organization dedicated to helping children in the area become fitter, healthier, and ultimately more confident young adults. The Elite Fitness team surpassed their original goal of \$10,000. Elite Fitness clients donated money for the cause in exchange for training the trainers in wild and wacky ways. Pictured: Elite Fitness Bellevue co-owners Dave Johnson (left) and Alex Wasserman (right) are all smiles with "The Bachelor's" Jason Mesnick at the Train the Trainer event. *Photo by Amy Hosner.*



BELLEVUE CHAMBER GETS DOWN

The Bellevue Chamber held their holiday party at Vertigo Lounge & Bar in downtown Bellevue. Chamber members and guests celebrated the year in style with food, drink and entertainment. Pictured: (left) Rosa Frietas, sales manager from Pearl Bar & Dining and Sarah Hartgraves, vice president of Flint, an upcoming men's grooming spa on Bellevue's old Main Street, toast the holidays. *Photo by Amy Yamada.*

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DONOR RECOGNITION

The Overlake Hospital Foundation Donor Reception was held at the Bellevue Art Museum as a thank you to all the supporters of the Foundation. More than 300 donors and guests enjoyed the winter wonderland and the Bellevue snowflake parade while listening to the gypsy jazz band, Pearl Django. Pictured (left to right): David Aubrey, executive director of Overlake Hospital Foundation, Joan Albee, Dr. Roger Stark, and Dr. John Baldwin. *Photo by Team Photogenic.*



NEW YEAR'S PARTY AT THE PARLOR

The Parlor Collection held the Biggest New Year's Eve party on the Eastside, highlighted by the new Parlor Live venue. Guests enjoyed three venues with three deejays, live music, games and ultra exclusive VIP booths at this sold-out event. *Photos by R. Buck.*

