

# Challenge 180



## What is PiYo?

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

With every action-packed PiYo session, you can burn excess fat and sculpt and define your whole body, as you minimize the aches and pains that can come along with high-impact workouts. No matter your age, no matter your body type, PiYo will help give you dramatically visible, incredibly beautiful results.

(Source: [http://www.beachbody.com/product/fitness\\_programs/piyo-workout.do](http://www.beachbody.com/product/fitness_programs/piyo-workout.do))

## What is Zumba?

Perfect For Everybody and every body! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Benefits: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

(Source: <http://www.zumba.com/en-US/party>)

## What is Aerobics?

The word aerobic literally means "with oxygen" or "in the presence of oxygen." Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously for a long period of time and is rhythmic in nature. Aerobic activity trains the heart, lungs and cardiovascular system to process and deliver oxygen more quickly and efficiently to every part of the body. As the heart muscle becomes stronger and more efficient, a larger amount of blood can be pumped with each stroke. Fewer strokes are then required to rapidly transport oxygen to all parts of the body. An aerobically fit individual can work longer, more vigorously and achieve a quicker recovery at the end of the aerobic session.

(Source: <http://www.turnstep.com/Faq/whatisaero.html>)