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Lagree Fitness is a 40- to 50-minute resistant workout offered at the Body Lab in Phoenix and Scottsdale. THE BODY LAB

LAGREE FITNESS: A SPIN ON PILATES

By Ashley Macha
The Republic | azcentral.com

Former bodybuilder Sebastien Lagree was getting tired of making time for both strength training and cardio routines inside and outside of the gym. He was looking for something that would tackle those areas in half the time and in one place.

So, he created Lagree Fitness, formerly known as SPX Fitness, a machine-based workout that challenges the body's endurance and strength.

Lagree, 38, from Los Angeles, started the concept 12 years ago while teaching Pilates classes in California.

"The clientele loved the (Pilates) session," he said. "But I would always see them do cardio

CALORIES BURNED

Lagree said depending on the body type, participants can lose between 500 and 1,000 calories in 40 minutes. He is currently formulating a workout that can burn 1,000 calories in 25 minutes.

and weight training afterward."

He started teaching Pilates Plus classes, which was a mix of cardio and strength with the fundamentals of Pilates. But he wanted something quicker and more efficient that would eliminate having to go to the gym.

Lagree began creating a series of machines that would reinvent the Pilates workout. What he end-

ed up with was the Lagree Fitness routine.

"There's so many unique elements," Lagree said. "You can work over 600 muscles at once."

Lagree said the 40- to 50-minute resistant workout targets both big and small muscles through the machine's strings and pulleys, burning fat, emphasizing cardio elements, providing stretching benefits and detoxing the body.

"And what's great about it is that there is no impact on your joint," he said.

Lagree's machines are different from a Pilates machine because they work every muscle fiber, Lagree said. Class participants aren't required to make as many adjustments or transitions to the machine as in a traditional Pilates class, which allows more time and focus on the exercise.

The Body Lab, in Phoenix and Scottsdale, is equipped with Lagree's machines and Lagree Fitness classes. Classes are \$30 for a single session and \$145 for five sessions. Packages and monthly memberships are offered.

The all-in-one combo is what got Body Lab member Sandra Sweeney-Clark hooked.

Sweeney-Clark, 44, an artist/designer from Paradise Valley, started taking classes five months ago and has lost 10 pounds. "The main thing I like about it is: You go in, you get your workout done and then you leave," she says.

Details: The Body Lab. 4414 E. Camelback Road, Phoenix. 602-840-2885. 20511 N. Hayden Road, Scottsdale. 480-473-4535. thebodylabaz.com.