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LIVE MUSIC
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Free with Entree: Eggplant Parmigiana-Frittelle (Zeppole),
Limoncello (with regular menu)

All major credit cards accepted  (Primecard only with regular menu)

Located at Golden Strand Resort 17901 Collins Ave. Sunny Isles Beach
305-931-2229

Back to 'bodyforging'



BY BARI AUERBACH

Did I miss all those lateral leg circles, the killer ab work and the challenging power poses for core strength and balance? Guess I must have since I recently reclaimed a coveted spot on the exercise floor at Olympia Gym where Kevin and Laurie teach their legendary Bodyforging classes.

After taking some time off, I was anxious to once again see great Bodyforging "head to toe" results ranging from more sculpted arms and shoulders – to firmer thighs and glutes with the added bonuses of enhanced fat burning capabilities and optimal flexibility.

Downstairs at Olympia, I join many other loyal Bodyforgers happy to see Bodyforging founder Kevin Phillion arrive. A renowned South Florida fitness coach and instructor, Kevin won many of his own bodybuilding trophies before developing a unique program melding "the best of the best" fitness philosophies he studied, prac-

ticed and taught over the years.

"Let's stretch," Kevin says. "Relax and let all tension leave your body." Our heads drop down to our toes with palms touching the floor. We'll all stay in this position for the next few minutes as Kevin reiterates why it's so important to be flexible while explaining Bodyforging concepts.

From body fat burning with the deep muscle burning exercises – to the internal balance of 'mind, body, soul' flexibility and center core training, Bodyforging can strengthen the whole body with no weights or big machines. The process includes 25 different moves anyone can do at their level with no impact or high heart rates.

"Bodyforging combines philosophies inherent in martial arts, power yoga and Tai Chi," Kevin explains, "You'll maximize fat loss and flexibility with these power poses, concentration, and balance...Bodyforging focuses on deep breathing, low heart rate, non-impact, hydration and basic movements."

TWO CHEFS TOO RESTAURANT

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