

➔ Sports & Fitness

MVP

Tough, Rough Love

Alona Vostrikova bends and stretches you into shape fast with Alona Pilates

Why is this so painful? Classic Pilates is less intense and painful. After 20 years of experience in personal training, step class, spinning, aerobics, body pumping, yoga and Pilates, I was able to mix all of these styles and create my own Pilates class, which is more intense than classic Pilates. And I think my students like it so much because they feel that after only one hour they get a full intense workout. **What is the funniest thing you've seen in your time teaching?**

The funniest thing is when super fit and athletic guys come to class with the attitude that they are going to waste an hour of their time doing Pilates, but after 15 minutes they are *dying*. **What kind of student do you usually attract?** Everybody is welcome to join my classes. I have students from all over the world and from all occupations. And I recently opened a special class only for women, perfect for Muslim girls who have a hard time finding a place with no men to work out comfortably. **Can out-of-shape folks do the sport?** Yes, absolutely. Pilates is actually the best way to get started, because you are toning your muscles and strengthening your joints. **How did you get started with Pilates?** When I was 16 I fell from a motorcycle and injured my

back. The constant pain was a remainder of that accident. After I started teaching Pilates I realized I didn't have pain anymore. That gave me proof that I could help other people.

Alona Pilates
<http://alonapilates.com>
Tel: 139-1029-0260

The constant pain was a remainder of that accident



Alona Vostrikova will whip you into shape

Bowling

EVERY THURSDAY

Bowling League

This bowling league is the perfect way to meet new friends in Beijing. Join as an individual and get placed onto a competitive team. Games are every Thursday night. ¥600 includes eight weeks of play: two games a week per team followed by playoffs, a league shirt, shoe rental, ball rental and prizes for the winners.

Mashup Sport and Social 159-0120-2499
info@mashupasia.com
www.mashupasia.com/leagues/bowling

Dance

SATURDAY, SEP 24

★ Burlesque Workshop

Don't waste another moment thinking you aren't sexy. Slip into the clothes that make you blush and head to Pussycat Dance for their burlesque workshop. Registration essential. 2pm

Pussycat Dance 139-1165-6059
info@pussycat-dance.com
www.pussycat-dance.com

EVERY MONDAY

Argentina Tango Class

You've had it on your yearly to-do list forever and now is the time to finally cross off "learn tango" when you sign up for the new beginners class at Peanut Cafe. Argentine Tango has to be one of the sexiest things a human can do with his or her body, and now is your chance to learn. 7pm

Peanut Cafe 139-1010-3475
taifengo@gmail.com, www.taifengo.com

Dodgeball

EVERY MONDAY

Dodgeball League

Now you can practice your dodging skills with a new dodgeball league that plays every Tuesday. ¥500 includes eight weeks of play: weekly matches, a league shirt and all equipment.

Mashup Sport and Social
info@mashupasia.com, www.mashupasia.com/leagues/dodgeball

Hiking

SATURDAY, SEP 10

Nine-Eyes Tower

This trip to Nine-Eyes Tower will be done in reverse, looping over steep and rocky terrain and requiring hikers to scramble and climb their way to the summit to reach the

impressive Nine-Eyes Tower. On a clear day, the view from the tower will let you see as far as the Great Wall in all four cardinal directions. Be warned though, this will be four hours of tough hiking and rock climbing. ¥280-¥250 (members) includes transportation, guides, water, snacks and drinks after the hike. You must register online to attend.

Beijing Hikers 6432-2786
info@beijinghikers.com, www.beijinghikers.com

SATURDAY, SEP 17

Great Wall Camping

Climb up to the Great Wall and then camp atop its busy peaks as you look out over flower-covered hills and nearby villages. ¥750 includes transportation. Book in advance and call for details. 9am

Dandelion Hiking 156-5220-0950
info@chinahiking.cn, www.chinahiking.cn

Netball

EVERY WEDNESDAY

Netball Beijing

Free weekly training sessions in this fun sport kick off every Wednesday at 7:30pm. Netball, usually a women's pastime, is a fun, basketball-like sport that combines jumping, running and hand-eye coordination. 7:30pm

Harrow International School Beijing
6444-8900, enquiries@harrowbeijing.cn
www.harrowbeijing.cn

Running

FRIDAY, SEP 16

Beidaihe Olympic-Distance Triathlon

With an overall distance of 51.5 km (1.5 km swimming, 40 km biking, 10 km running), this triathlon will be an excellent opportunity for amateur triathletes looking for an Olympic-level competition to push themselves farther and see just what their body is capable of. In addition, prizes of up to ¥2,000 will be awarded to the top six male and female competitors. 8:30am.

Beidaihe, Qinhuangdao City, Hebei Province tribeijing@gmail.com

Watch

SATURDAY, SEP 10

★ Beijing Guoan vs. Liaoning Hongyuan

Beijing's Guoan soccer team is playing against Liaoning Hongyuan. Tickets for this epic battle must be purchased in advance. ¥30-100. 7:30pm

Beijing Workers Stadium 5165-7563
www.piao5.com

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www.cityweekend.com.cn