

805 LIVING

TAKE IT
OUTSIDE



Mind BODY Soul

FUN, FLEXIBLE FITNESS

Looking to add variety to your exercise routine without spending an arm and a leg? Try **ClassPass** (classpass.com), a monthly subscription service headquartered in New York that has recently expanded its geographic scope to provide subscribers access to studios and gyms within a healthy swath of the Central Coast. Memberships, which range from \$29 to \$79 per month, allow for three to



16 classes each month. Choose from dozens of participating spots, including Pilates Plus in Malibu, DIG Indoor Cycling + Strength in Calabasas, Jazzercise in Agoura Hills, CorePower Yoga in Thousand Oaks, Family Karate Center in Agoura Hills, and Paddle Sports Center in Santa Barbara, with more added all the time. Book classes with the easy-to-use app, and get moving!

—Nancy Ransohoff

EXERCISE TO KEEP 805 STRONG

Take your workout outside and help raise money for local 805 charities. It's all part of the **805 Project** (fitness805.com), a nonprofit organization that makes charitable contributions to help locals by staging donation-based instructor-led workouts. "This platform is a way to give back to this amazing community," says founder and fitness instructor Jason Baker. "And what better way to do it than to have people getting in shape, building a stronger community by coming together, and having all donations go to organizations that will help the 805 grow." Charitable recipients change every quarter. The Santa Barbara Bucket Brigade—dedicated to crisis prevention and response—is the current beneficiary at the Alameda Park sessions in Santa Barbara, where instructors lead circuits of strength, cardio, and stability training. Participants can register online but walk-ins are welcome. Just show up with a donation and join the workout. —Heidi Dvorak



Silent Disco Meets Outdoor Yoga

YOGA DANCE MAGIC (yogadancemagic.com) raises sun salutations to the next level. Owner Emma Davis and a team of instructors take yoga outside, leading energizing weekend classes on West Beach in Santa Barbara. Silent disco (via wireless headphones) sessions, held Saturday morning and Sunday at sunset, combine yoga for all levels with free-form, non-choreographed dancing on the beach. Required: a sense of fun. Not required: previous yoga or dance experience. Special classes include Happy Hour Silent Disco Yoga on May 29 at Four Seasons Resort The Biltmore Santa Barbara (fourseasons.com/santabarbara). Visit Yoga Dance Magic's website for times, pre-registration, and updates on new classes.

—N.R.