

# The 8 Wackiest Workouts

## The Huffington Post

[Emma Gray](#) First Posted: 07/18/11 09:21 AM ET Updated: 09/17/11 06:12 AM ET

>

[Fitness And Exercise](#), [Anti-Gravity Yoga](#), [Crazy Workouts](#), [Healthy Living Body](#), [Wacky Workouts](#), [Boing](#), [Caponyasa](#), [Pole Dancing](#), [Slidepollajax](#), [Healthy Living News](#)

The United States has always been branded as a melting pot of various customs and cultures. Apparently this principle also extends to workouts. Long gone are the days where your only choices were organized sports, dance classes or Jazzercise.

We scoured the country to find the eight of the most eclectic -- and most fun -- fitness regimens. What quirky workout classes are available in your town?

Trapeze Dance



Nothing gets more wacky -- or completely awesome -- than anything even closely resembling Cirque du Soleil. [Fly-by-Night Dance Theater's](#) Trapeze Dance classes let participants build core and upper-body strength while fulfilling their latent circus-performer fantasies. And honestly -- who doesn't want to fly?