

Published based on [Piloxing: Half Pilates, Half Boxing](#)

Piloxing: Half Pilates, Half Boxing

This is an insanely good way to work out! It combines Pilates and boxing to create one mega work out! Click on the link below to find out more about piloxing.

The eternal conundrum: You have 30 minutes to exercise. Do you slate a quickie run to blitz calories or do you grab [dumbbells](#) to firm those frustrating trouble spots? Try Piloxing, the new fitness sensation sweeping Los Angeles that mixes fat-torching [cardio](#) with total-body [Pilates](#) toners. "My busy clients want to strengthen muscles, flatten their bellies and burn a couple hundred calories in an hour or less," said Viveca Jenson, ballerina and owner of the new Piloxing Studio in Toluca Lake, Calif.

[Piloxing: Half Pilates, Half Boxing - That's Fit](#)

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