

“THERE’S JUST SOMETHING ABOUT EXERCISING IN THE FRESH AIR AND GETTING A LITTLE SUN.”

--caitlin cantor



a) Stretching on shore complements the water-based workouts; b) a yoga class takes advantage of a sunset out on the water; c) Carlsbad Paddle Club is based at Agua Hedionda Lagoon.



## Oar Your Core

Written by Jenna Sampson | Photos by George Hood

There is a reason that stand-up paddleboarding (SUP) is a fast-growing sport. Well two reasons, actually: It's fun and it's an amazing workout. The fitness trend is here to stay, and outdoor enthusiasts of all ages are enjoying the perks of a low-impact workout on the water. The body benefits include both cardiovascular and strength training (especially the core), along with improved balance and coordination.

One local fitness company, Carlsbad Paddle Club, has performed a fitness fusion, combining the paddleboard experience with popular gym classes. “We call it ‘fitness the Southern California way,’” says owner Caitlin Cantor.

Cantor explains that taking a break at the gym between exercises really is a rest for your body. However, aboard an SUP, even during a break your body is using almost all its muscles just to stabilize itself. “We initially thought the yoga classes would be the big hit, but everyone loves the fitness classes,” Cantor says. “Most people would never think of doing lunges, squats and burpees on a paddleboard.” Don't worry about getting wet: “I would say 99 percent of

our clients don't fall in the water,” Cantor says.

The club, which opened in May 2013, uses Agua Hedionda Lagoon for its SUP classes—with the added perks of parking, showers and a TRX gym. Beginners can sign up for Intro to Paddle and transition to classes that focus on cardio, Pilates, strength, yoga or core. Instructors include professional paddleboard racer Pamela Strom; George Hood, who holds the Guinness world record for longest plank position; Justin Poplin and Sandy Auriemma.

“We have clients say again and again that they just can't go back to the gym or the yoga studio after trying the classes on the SUP,” Cantor says. “There's just something about exercising in the fresh air and getting a little sun!”

**CARLSBAD PADDLE  
CLUB**

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