

WATCH YOUR STEP. A couple at Ballroom Blitz shows how you can get your heart racing as you glide in sync across the dance floor during a hands-on date.

HEALTHY Relationships

Ditch humdrum dinner-and-a-movie dates. Instead, opt for contact-centered outings that benefit the bod. // STORY BY SHAENA ENGLE



BREAK A SWEAT. Get your blood pumping at a one-on-one workout session like this one at Breakthru Fitness, and then pamper those sweaty palms at a couple's manicure and pedicure session like the Dashing Diva's one shown here.



➤ **INSTEAD OF GIVING YOUR SIGNIFICANT OTHER** THE STANDARD SUGAR-LADEN BOX OF CHOCOLATES OR INDULGING IN A HIGH-CALORIE DINNER THIS VALENTINE'S DAY, WHY NOT OPT FOR A DATE THAT WILL DE-STRESS AND RECHARGE YOUR RELATIONSHIP? CHECK OUT THE FOLLOWING SUGGESTIONS FOR BODY-FRIENDLY ACTIVITIES TO SHARE WITH YOUR SWEETHEART.

Get Personal

Multitask your workout and your love life by scheduling a couple's session with a personal trainer. Working out together allows both of you to strengthen your relationship, as well as your heart and other muscles. Located in an alley off Colorado Boulevard in the center of Old Pasadena, **BREAKTHRU FITNESS** (87 Fraser Aly., Pasadena, 626.396.1700, breakthrufitness.com) offers trainers who can tailor one-on-one workout sessions for couples who want to shed pounds, become stronger, and create perfect pecs and killer abs.

"Couples often want to work together to achieve their health and fitness goals," says owner and trainer Michelle Dozois. "We offer flexible programs, enabling couples to visit a trainer weekly or monthly for customized fitness and nutritional plans that they can integrate with their home or health club exercise regime." In May, BreakThru Fitness will move to a bigger

(14,000-square-foot) location on Lake Street and will expand its facilities to include a cycling room and two group exercise studios.

Share a workout session with your sweetie in one of several private training suites at **FITNESS TOGETHER** (155 W. Green St., 626.792.7907, ftpasadena.com) in Old Pasadena. Couples can catch up with each other while stair stepping, stretching, and strength training under the guidance of a certified personal trainer.

Become Sole Mates

Whisk your soul mate to **HAND 'N' SOLE** (2417 E. Colorado Blvd., Pasadena, 626.792.4263, handnsole.com) to partake in pampering you can share with its Champagne 'n' Roses Pedicure for Two package. Sip sparkling cider and enjoy heart-shaped cookies during this intimate, sensuous, side-by-side pedicure in a serene private room. Relax with a heated,

herb-infused neck pillow and enjoy the Champagne wash and rose petal foot bath, grape-enzyme scrub, and foot and leg massage with Champagne and rose shea butter cream. Foot reflexology and manicure treatments are also available.

The private VIP room at **DASHING DIVA'S** (27 N. Raymond Ave., Pasadena, 626.449.3482, dashingdivapasadena.com) 2,500-square-foot nail spa offers simultaneous manicures and pedicures in overstuffed comfy chairs. Bring your own bubbly to share or choose from one of 20 featured flavors of tea or a pink cosmo. Its extensive menu of highly indulgent services includes specialized treatments for men (Racer's, Winner's, or Player's Manicures) and women (Divorama, Spoiled, or All-Out Diva Manicures). A wide range of pedicures is also available.

Shall We Dance?

Whether you're stoking the coals of an ongoing marriage or sparking fresh flames of a new relationship, locking in an embrace to tango, cha-cha, or rumba can make anyone's heart race. For years on television and in the movies, romantic duos have flowed smoothly across

the dance floor perfectly in sync, gracefully gliding along, never missing a beat as their bodies moved as one. But you don't have to be a celebrity or professional dancer to strut like a pro.

In addition to getting close to the one you love, dancing burns calories, works the cardiovascular system, helps prevent osteoporosis, and can improve mental health. Susannah and Anthony Cuesta, owners of **BALLROOM BLITZ** (4878 Eagle Rock Blvd., Eagle Rock, 323.258.0029, ballroomblitz.org), teach ballroom and Latin dancing to couples of all ages. "Learning to dance provides not only time together, but it's also an activity that promotes interaction," Anthony says. He estimates that about half of his students are couples who come in for fun and fitness. "Many couples are tired of going out on dates to movies and dinners and

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ANTHONY CUESTA, OWNER,
BALLROOM BLITZ

are looking for fun activities where they can spend time together," he adds. Beginners can opt for the Adults Basic 101 class, or couples preparing for a wedding can request private, personalized lessons.

At **ARTHUR MURRAY DANCE STUDIOS** (233 ½ E. Colorado Blvd., Pasadena, 626.792.9309, dancestudios.com), you can share a romantic waltz, saucy salsa, or choose from more than 20 rhythm and Latin, smooth and standard, country Western, or specialty dances to learn together. The Old Pasadena location is one of eight in SoCal teaching couples for more than 80 years how to merengue, hustle, swing, mambo, jitterbug, disco, fox trot, quickstep, two-step, tango, and lambada. Private and group lessons are available. ↵