



## Prêt-à-Ski

TOP FITNESS PROGRAMS  
GET YOUR BODY READY FOR THE  
SLOPES. BY MOLLY CREEDEN.

### Aspen Ascent at Reebok Sports Club, New York City

The new Aspen Ascent prepares city slickers for an ache-free return to the mountain. Instructors from the Aspen/Snowmass ski resort helped design moves to hone balance, particularly for being up on one ski during turns (squat on one leg as you lower a light weight to the floor in front of you while extending the opposite leg back), develop rotational strength (holding two weights at right angles like poles, twist body, mimicking the movement of navigating moguls), and even prime muscles' response to icy patches (with a slippery glide underfoot, crouch into a skier's tuck and slide your leg out to the side and back).

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