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New gym for kids

In the midst of dire news stories about rising children's obesity, fitness professionals continue to look for ways to encourage kids to exercise.

In that vein, **NexGym**, a franchise billing itself as "an exciting new interactive fitness club for kids" ages 6-14, recently opened at La Arcada, 115 N. Loop 1604, east of Stone Oak Parkway.

NexGym mixes exercise and entertainment to appeal to kids who might otherwise be sitting in front of a computer.

Kids can ride stationary bikes hooked up to racing games, tackle indoor climbing walls, participate in group games and play Dance Dance Revolution. The activities focus on cardiovascular health, strength, agility and balance.

Special programs are planned for kids with autism, Asperger's or other sensory disorders.

While NexGym is dedicated to kids, other gyms do offer fitness activities for children. **Yoga Shala** offers kids' yoga that incorporates stories and song, for example, **Lifetime Fitness** offers kids' classes including home school fitness, basketball and soccer.

— **Jessica Belasco**

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http://blogs.mysanantonio.com/weblogs/getfit/archives/2008/07/new_gym_for_kid.html