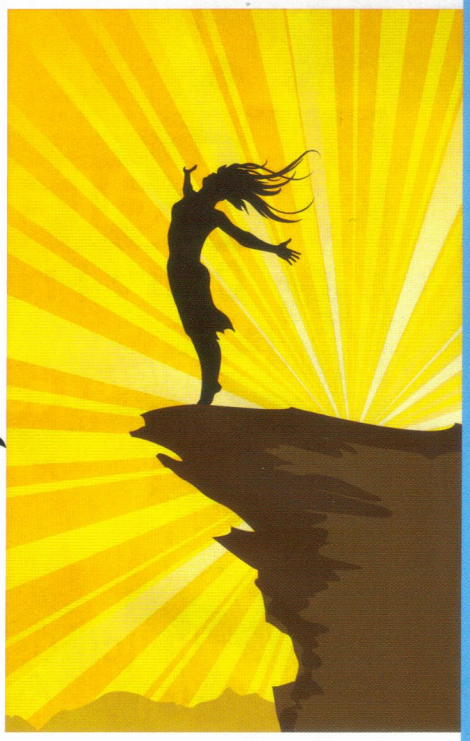
GET SOME ZODIACTION!

Your horoscope could reveal your ideal route to fitness, says fitness guru Dean Hodgkin



Gemini 22 May-20 June

Flirtatious, curious and needing stimulation, you're the ideal candidate for cardio striptease and pole dancing classes! Rock climbing would also suit your personality as you have to focus on your whole body whilst scaling those heights.



Cancer 21Jun-22Jul



Cancerians can be quite insecure and often want to be needed, so their ideal fitness routine is to work out with someone else. Circuit training with a friend would be brilliant, as would the latest craze, partner yoga, where you perform your postures with the help of someone else.

Scorpio 24 Oct-21 Nov



You're the most private, power-crazy and enigmatic sign in the zodiac. You need energetic activities like running, but in the right environment – on a treadmill in the gym you can control exactly what you do.



Sagittarius 22 Nov-21 Dec

Fun-loving Sagittarians have a strong team spirit which should be exploited to help them keep fit. Ideal ways for you to get moving are volleyball, netball, hockey and street dance; this last one is included because you'll enjoy the spontaneity.



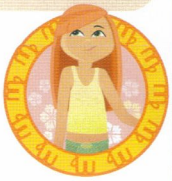
Leo 23 Jul-22 Aug

You like a bit of drama so ideal fitness choices for you would be the martial arts, to get rid of some of that pent-up aggression, along with jazz dance. Both are quite dramatic and social and you need that bit of extra excitement these activities can provide in abundance.



Pisces 20 Feb-20 Mar

Pisceans can be emotional and incredibly empathetic, which is why Pilates and yoga are perfect for you. Your natural fluidity also appreciates dance and ice skating.



Virgo 23 Aug-22 Sep

You need activities that engage your mind as well as your body. Work on your core strength with a stability ball in the gym and try mountain biking outdoors, which requires concentration to ride over tricky terrain. Yoga will help calm your racing mind.



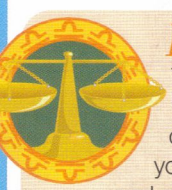
Capricorn 22 Dec-19 Jan

You're a very cautious and inhibited sign which likes rules. Aqua aerobics and exercise DVDs are great for you because you are not 'on show'. If you leave the office too late to arrive at a class on time, work out at home instead, which will stop you feeling like you're letting yourself down.



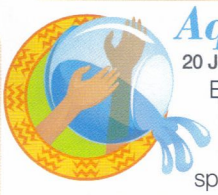
Aries 21 Mar-19 Apr

The Aries sign demands instant gratification so spinning or boxercise is ideal. Both classes are tough and give an instant feeling of a hard work out, plus there's no fancy choreography to stop you working up a sweat.



Libra 23 Sep-23 Oct

Your sociable nature makes you ideal for salsa and your quest for perfection means you won't get bored going over and over dance moves. Body Pump is another good workout routine for you – as you see the positive changes to your body you'll try even harder.



Aquarius 20 Jan-19 Feb

Eccentric and unpredictable, you need activities like racquet sports, such as badminton and tennis, along with circuit training to satisfy your personality. You need a regular challenge and only not knowing what's coming next will feed this urge.



Taurus 20 Apr-21 May

You're one of the most cautious signs who likes everything to be predictable. Power walking and swimming are perfect for you because they're 'safe' and orderly; the sessions give no surprises and therefore don't cause any anxiety.

Dean's new Express Workout DVD is available to buy priced £9.99 from deanhodgkin.com