# Cincinnati's evolving fitness trends for the new year



As many individuals set New Year's resolutions to improve their fitness, a variety of trends are emerging in the fitness industry, particularly in Cincinnati. Mary Frank from the Cincinnati Sports Club provided insights on the latest fitness developments and technologies that are shaping how people approach their workouts.

One trend gaining significant traction is functional fitness, which focuses on mimicking everyday movements to increase strength, flexibility, and reduce the risk of injury. Frank explained that activities like shovelling snow or lifting carry-on luggage can be mirrored in training routines, allowing individuals to prepare their bodies for these common tasks. “We’re mimicking those movements of everyday life so we can reduce the risk of injury while doing those movements and enjoying life,” she noted.

Another noteworthy advancement in the fitness realm is Smart Circuit Training, which integrates artificial intelligence into workout routines. Frank elaborated on this concept, highlighting how personal devices and equipment can enhance the workout experience. "When I now go to that piece of equipment, it scans my bracelet. It brings the equipment down to the settings and adjusts the weights for my individualized workout," she said. This technology not only simplifies the workout process but also includes gamification elements, making it engaging and efficient for users of all experience levels.

The significance of recovery in fitness routines has also come to the forefront this year. Practices such as sauna sessions and cold plunges are being embraced to help individuals recover from intense workouts. Frank explained that many gym-goers wish to return to their normal activities as soon as possible. She stated, “Here’s an example of a handheld device for massage therapy... we can do some stretching at home, we can do some handheld pressure devices, and then you can go into your hot and cold therapy.” She highlighted the benefits of these recovery methods, which may aid in sleep, circulation, and overall well-being. Anecdotal evidence from members, such as one in his 70s who has found relief from knee pain through cold plunging, further exemplifies the potential impacts of these recovery techniques.

As the fitness landscape continues to evolve in Cincinnati and beyond, the integration of advanced technologies and a renewed focus on functional training and recovery methodologies appears set to redefine standard practices within the industry. For those interested in learning more about personalised fitness goals, the Cincinnati Sports Club offers a range of options tailored to individual needs.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://fnm.com.au/2024/09/10/the-benefits-of-functional-fitness-training-2/> - This article explains the benefits of functional fitness, including improved strength, flexibility, and reduced risk of injury by mimicking everyday movements.
2. <https://www.hollyroser.com/post/unlock-the-power-of-functional-fitness-benefits-tips-and-myths-debunked/> - This post details the benefits of functional fitness, such as improved daily performance, injury prevention, and enhanced athletic performance, all of which align with the concept of mimicking everyday movements.
3. <https://www.cincinnatisportsclub.com/blog> - This blog from the Cincinnati Sports Club discusses various fitness trends and the club's approach to fitness, which includes functional fitness and other advanced training methods.
4. <https://www.youtube.com/watch?v=yZw6xAihP-c> - Although this video does not specifically cover functional fitness, it discusses the most popular fitness trends of 2025, which may include functional fitness and other technologies mentioned in the article.
5. <https://fnm.com.au/2024/09/10/the-benefits-of-functional-fitness-training-2/> - This article also highlights the importance of balance and coordination in functional fitness, which is crucial for preventing falls and maintaining stability in everyday activities.
6. <https://www.hollyroser.com/post/unlock-the-power-of-functional-fitness-benefits-tips-and-myths-debunked/> - This post mentions the versatility and adaptability of functional fitness, which can be tailored to any fitness level, supporting the idea of individualized workouts.
7. <https://www.cincinnatisportsclub.com/blog> - The Cincinnati Sports Club blog may cover advanced technologies and recovery methods, although the specific link provided does not directly address these topics, it sets the context for the club's focus on innovative fitness approaches.
8. <https://fnm.com.au/2024/09/10/the-benefits-of-functional-fitness-training-2/> - This article discusses how functional fitness can enhance flexibility and mobility, which is beneficial for maintaining independence and reducing stiffness, especially for older adults.
9. <https://www.hollyroser.com/post/unlock-the-power-of-functional-fitness-benefits-tips-and-myths-debunked/> - This post emphasizes the injury prevention aspect of functional fitness, aligning with the article's mention of reducing the risk of injury through functional training.
10. <https://www.cincinnatisportsclub.com/blog> - While the specific blog post is not provided, the Cincinnati Sports Club's blog generally covers fitness trends and technologies, including recovery methods and personalized fitness goals.
11. <https://www.hollyroser.com/post/unlock-the-power-of-functional-fitness-benefits-tips-and-myths-debunked/> - This post provides tips and myths about functional fitness, which can help in understanding the broader context of functional training and its benefits.
12. <https://www.wlwt.com/article/popular-fitness-trends-cincinnati-mary-frank-gyms/63374414> - Please view link - unable to able to access data