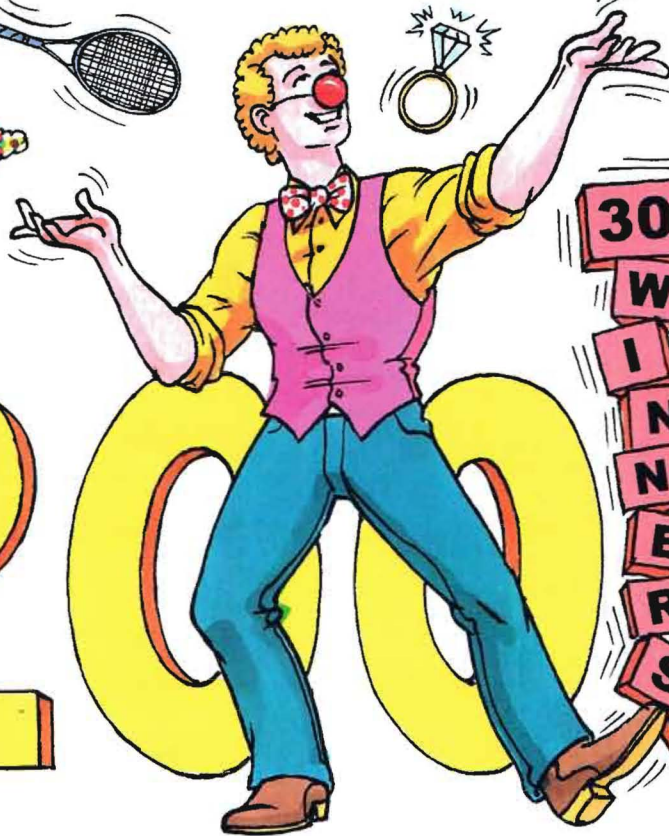


EXTREME ADVENTURES Close to Home // **THE JOURNAL NEWS** Fights to Survive
TERRIFIC ALFRESCO Dining // **THE EMPTY NESTERS' DILEMMA:** Should We Stay or Should We Go?

WESTCHESTER

BEST OF WESTCHESTER

2009



westchestermagazine.com
JULY 2009
0 74820 56307 6 07
SPOTLIGHT PUBLICATIONS \$3.99

J.J. Sedelmaier
PRODUCTIONS, INC.

HEALTH & BEAUTY



Kick-Butt Workout

Belmar's Muay Thai Kickboxing & Fitness

White Plains (914) 426-0359; belmars.com

Tired of jogging on the treadmill while watching *Seinfeld* reruns? We thought so. Kick it up a notch—literally—with Peter Belmar's Muay Thai kickboxing classes. With what may be the most challenging workout in the county, Belmar—who's practiced Muay Thai for 26 years—will have you slamming pads with fierce roundhouse kicks, jabs, and hooks in no time. Prepare to become one lean fighting machine.