

FITNESS

2018

➔ Get your heart pumping with an elite personal trainer, alfresco workouts, and butt-kicking



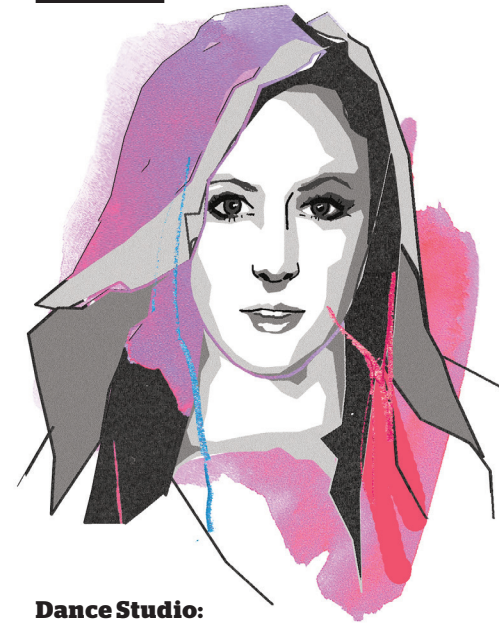
"I treat the studio like my dojo," Funkmode Director Mighty Young says. "I not only love teaching dance, but I also love connecting with people on a personal level ... and helping them succeed."

CALI GODLEY

PADDY MILLS

exercise classes. / BY KATIE HENRY, RACHEL ORVINO, AND ALEJANDRA SARAGOZA ➔

MEET



Dance Studio: FUNKMODE

When you step into a Funkmode class, you don't need to worry about having perfect technique, knowing every dance step, or even being a great dancer. The instructors just want their students to have fun.

"[Funkmode's] like a giant playground," owner **Cara Bode Young** says. "People can come and be themselves and learn new things—and do it all free of judgment."

Providing a welcoming environment for kids and adults of all skill levels has always been crucial to Bode Young, who's been teaching dance classes for more than 20 years. "As a young person, I felt like I never really fit in at any studio," she says. "So for me, it's important to have a space where people can just play and have a good time."

Having put on her first pair of boogie shoes at age three, Bode Young can't imagine her life without dance. After graduating with a degree in dance education from Arizona State University, Bode Young moved back to the East Bay and led classes at local studios—which is how she met her husband

and business partner, Mighty Young. The pair eventually branched out on their own to create Funkmode in 2004. They rented a small space in Pleasant Hill, teaching hip-hop to adults and children. Their classes were a hit, but as their business grew, students requested lessons in other dance styles like jazz and contemporary, and they started running out of room. That's when they decided to look for their own studio.

It took more than a year for the couple to find the ideal spot—a 4,000-square-foot warehouse near the Willows Shopping Center in Concord—then about six months to revamp the space. In November 2016, they realized their dream and opened the doors to the Funkmode studio.

Funkmode has been able to expand its offerings to include tap, breakdance, Fierce Femme (cabaret-style dance), and Move! (cardio dance)—and more classes are in the works. "Whatever you're looking for, we probably have it," Bode Young says.

The instructors also teach dance in after-school programs, perform at charity events, and host summer camps for kids. Though their offerings are diverse, the focus stays the same: "At Funkmode, people come first," Mighty Young says, "and that's our selling point. People take our classes because they feel like they're a part of something ... and we like creating that welcoming atmosphere." *Concord, funkmode.com.* —A.S.

BY THE NUMBERS

Gym/Sports Club: RENAISSANCE CLUBSPORT WALNUT CREEK

Not only is this longtime local favorite a good place to get swole, but it also has special amenities that you won't find at your average gym. Here are a few of the features that put this fitness club over the top. *Walnut Creek, renaissanceclub sport.com/walnut-creek.* —K.H.

4

Smoothie varieties at the on-site Citrus Fresh Grill and Market (though visitors can create their own blends).

27

Spa treatments available, including waxing services.

62

Spin bikes in the cycling studio.

142

Group fitness classes offered each week.

4,600

Renaissance ClubSport Walnut Creek memberships.