

# LA Unscripted | September 6th, 2022

<https://silosolo.com/241735>

## Summary

The video explores fitness options in LA, including bungee fitness, polo, and Old School Skinny dance classes. Fitness in LA is known for its non-standard approaches, and bungee fitness is an example of that. Bungee fitness uses a bungee cord attached to the ceiling to allow for unique movements and stress relief. DNA flying yoga offers bungee fitness classes. Polo is one of the oldest team sports, dating back to the 6th century BC, and can be learned at California Polo Club. Old School Skinny is a dance party class that combines 90s music with modern moves.

## Silo sample questions

- What is bungee fitness?
- Where can you try bungee fitness in LA?
- What is polo?
- Where can you learn polo in California?
- What is Old School Skinny?

## Topics

Fitness in LA

Bungee fitness

Polo

Old School Skinny

## Key Takeaways

- Fitness in LA is not done the standard way
- Bungee fitness is an exercise using a bungee cord attached to the ceiling
- Bungee fitness allows for unique movements and stress relief
- DNA flying yoga offers bungee fitness classes
- Polo is one of the oldest team sports, dating back to the 6th century BC

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