

FITNESS CLASS MOVES

Class Acts**Get inspired -- and in stunning shape -- with the latest group fitness crazes**

Being a member of a major fitness club grants you admission to classes like aqua kickboxing and zumba dancing. Prefer to sweat in solitude? No problem. We asked group fitness managers (folks who dream up wild ways to whip us into shape) for tips from their newest classes. Here's a sneak preview of what's happening at some of the country's most influential health clubs. Now you can start homeschooling.

Rock The Roll

The Class: The Action Hero Workout at New York Sports Club teaches the jumps, falls, and fighting moves used on movie sets.

Your Assignment: Somersaults. Start from a squat position, then tuck your chin and tumble forward. Use the forward momentum to finish in a standing position. Then do five pushups, and somersault again. Repeat three times.

School Supplies: 10 square feet of floor space

Hit The Dot

The Class: Spot Training at Equinox Fitness uses flat rubber circles for agility training.

Your Assignment: Lunges. Arrange the dots like a clock, with one at the center and dots at 1, 2, 3, 6, and 9 o'clock, each 3 feet from the center. Stand in the middle and lunge with your right foot to 12 o'clock. Return to the center, then lunge to 1:30 (halfway between 12 and 3), 3, 4:30, and 6, returning to the center between each. Do two jumping jacks, then lunge with your left leg at 12, 10:30, 9, 7:30, and 6. Build up to 8 reps on each side, then progress to two lunges at each "time."

School Supplies: Six Agility Dots (\$25, performbetter.com)

Take A Seat

The Class: Bring It On at Chelsea Piers in New York City features strength training via chair dancing.

Homework: Fan kick. Sit on the edge of a chair. Turn 45 degrees to the right. Cross your left leg over your right. Place your palms on the chair, behind your butt. Lean back a bit, then lift your left leg straight up. Follow with your right leg. As you rotate your body 90 degrees to the left, lower your legs and cross your right leg over your left. Repeat four times.

School Supplies: We love Target's Skool Chair. (\$190 for a set of 2, target.com)

Be Ballsy

The Class: Powerball at Crunch incorporates the BOSU Ballast Ball for an

The Class: Powerball at Crunch incorporates the BOSU Ballast Ball for an upper-body and core-sculpting workout. The ball looks like your basic stability ball, but it's filled with a sandlike substance whose constant shifting makes the ball more difficult to control.

Your Assignment: The twist. Grab the BOSU ball with both hands and hold it, arms straight, in front of you at shoulder height. With your feet shoulder-width apart, twist at the waist to the right, then bring the ball back to the center. Repeat on the left side. That's 1 rep. Build up to 2 sets of 10 reps.

School Supplies: The Ballast Ball (\$60, bosu.com)



James Worrell