

Get SUPER fit



Cast members of *Spider-Man: Turn Off the Dark* demonstrate how they stay in shape for one of the most physically demanding shows on Broadway—and teach you how to get in superhero shape this fall. Plus, we round up the city's best martial-arts classes, unconventional workouts and member discounts. Edited by **Sharon Steel** Photographs by **Dale May**

GERALD AVERY 28, Astoria, Queens

HOW HE GETS SUPER FIT

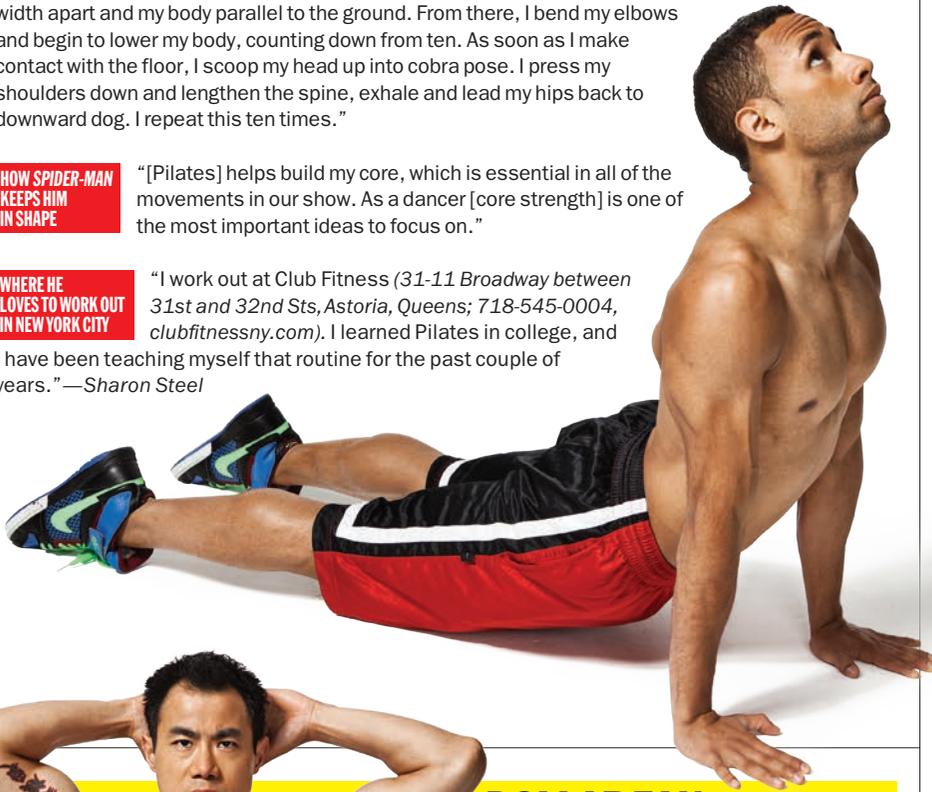
"[During my daily Pilates routine,] I will start in a downward-dog position, with my feet hip-width apart, hips reaching toward the ceiling and the palms of my hands pressed into the ground. I transition into plank, keeping my feet the same distance apart, hands shoulder-width apart and my body parallel to the ground. From there, I bend my elbows and begin to lower my body, counting down from ten. As soon as I make contact with the floor, I scoop my head up into cobra pose. I press my shoulders down and lengthen the spine, exhale and lead my hips back to downward dog. I repeat this ten times."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

"[Pilates] helps build my core, which is essential in all of the movements in our show. As a dancer [core strength] is one of the most important ideas to focus on."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I work out at Club Fitness (31-11 Broadway between 31st and 32nd Sts, Astoria, Queens; 718-545-0004, clubfitnessny.com). I learned Pilates in college, and I have been teaching myself that routine for the past couple of years."—Sharon Steel



DOLLAR TAN 29, East Village

HOW HE GETS SUPER FIT

"My biceps workout consists of different kinds of curls—usually five different exercises and four reps of each. For triceps, I do close-grip bench presses and backward dips and squats, lunges, leg presses, backwards leg curls, calf raises for legs. [I do abs for 20 to 30 minutes a day]: sit-ups with and without weights, leg raises hanging and from a bench, and sit-ups on a rubber ball."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

"The show itself is a great workout because it's so physical, and we are using all parts of our body—from the dancing to the tumbling and running around backstage for quick changes."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I work out five to six times a week, and my favorite classes to take are Spin and dodgeball at Crunch (various locations, visit crunch.com for details)."—SS



BRANDON RUBENDALL 28, Midtown

HOW HE GETS SUPER FIT

"I love a good leg lift and weighted sit-up. Usually three sets of 15, twice a week. The general misconception about abs is that you need to do crunches every day for hours. But abs are like any other muscle—they need rest, so they can rebuild and grow. For me, legs are the key to an all-around bigger [physique]—they're the biggest muscles in your body, and by working them out weekly, they release testosterone as well as other important muscle-growth hormones. People always ask, 'How do I get bigger?' Easy answer: legs. For leg presses, I like to load the machine up, two 45 [pound] plates on either side, and do a warm-up of two sets of 20. After that, I either do three sets of 15 with a lighter weight, or seven sets of ten with a heavy weight. It's a killer workout, but it pays off."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I'm pretty much a New York Sports Club (locations throughout the city, visit mysportsclubs.com) guy. I'm there five days a week either bulking or toning. I have a pretty set routine. When I am not doing my gym regimen, I try to take dance classes—there's nothing better than dancing. It is what I love to do, and it hits pretty much every body part."—SS



Street survey: What's your dream super power?

These New Yorkers fantasized about telepathy and extra genitalia. By Rebecca Fishbein

Kathryn G., 32, visual artist, East Village "[A superhero should have] a penis and vagina. I feel that gender is constructed, so we both should have both and be both."

Sophie A., 29, artist, Nolita "If I were a superhero, my special power would be to make anyone fall in love with me for as long as I want."

UNCONVENTIONAL WORKOUTS

TONY DEAL **Aerial Silks**

In addition to offering six kinds of aerial acrobatics classes (including silks, hoop, rope, static trapeze), the Sky Box studio gives students the chance to perform in front of a live audience during monthly variety shows. Instructor Anya Sapozhnikova advises first-time participants to wear unitards and avoid being intimidated. “Know that this stuff is extremely challenging,” she says. “Trust your body to adapt to it instead of getting frustrated.” Mention *TONY* to receive \$5 off the Beginner Silks class through Mon 19 (usually \$25–\$30). *The Sky Box at the House of Yes, 342 Maujer St between Morgan Ave and Waterbury St, Williamsburg, Brooklyn (skybox.org). Schedule varies; visit website for details.*



POPACTION TECHNIQUE

TONY DEAL **Learn the Ropes and Learn to Boulder**

This two-year-old rock-climbing gym has more than 18,000 square feet of bouldering and climbing walls. Introductory classes are offered several times a day, and the staff will make even the newest climber feel at ease. “You may go slower at first,” notes route setter Mark Heal. “Soon you stop worrying about falling and just climb.” Mention *TONY* to score a Learn the Ropes class for \$37 (usually \$75) through Dec 31. *Brooklyn Boulders, 575 DeGraw St at Third Ave, Gowanus, Brooklyn (347-834-9066, brooklynboulders.com). Schedule varies; visit website for details.*

TONY DEAL **Explosive 30**

This 30-minute Crunch class uses a fast-paced mix of strength training and cardio to engage your whole body. Instructor Marc Santa Maria breaks sessions down into two-and-a-half-minute sets that target bigger muscle groups (like the thighs, glutes and back), before moving onto smaller ones (like biceps, triceps and calves). Santa Maria says the challenge appeals to those who “want their asses kicked and like to feel like

TONY DEAL **Helium Aerial Dance**

Aspiring acrobats of all levels can hone their skills with Helium personal trainer and head instructor Heather Hammond. She has a dozen years’ experience as a professional aerialist and a background in modern dance and ballet, and recommends one of her company’s eight weekly classes, offered at two different locations. During sessions, you’ll learn how to build sequences of connected aerial movements on silks, straps, hammocks and more. “It’s integrated conditioning that’s super fun, and challenges your mind and body,” says Hammond. Mention *TONY* when you buy one drop-in class (\$35–\$40) and get the second free through Oct 31. *Hype Gym, 480 Second Ave at 27th St, first floor. Mon 5:30, 6:45pm; Wed 12:15, 6:45, 7:45pm; Fri 1:30pm.*
 • *Embody Language Studio, 241 Bedford Ave between North 3rd and 4th Sts, studio 7, Williamsburg, Brooklyn. Tue, Thu 5pm.*
 • *(917-280-2611, heliummm.com)*

TONY DEAL **PopAction Technique**

The Streb Dance Company is known for a distinctive type of performance that combines explosive dance moves with gymnastics and acrobatics. Former performer and teacher Sarah Donnelly helps students master the “perfect line” (where all the body’s joints stack on top of one another), vertical and horizontal pivots, frozen positions (where the dancers quickly transition from one position into another) and more. Mention *TONY* to receive a 5% discount on the \$15 class price through Nov 1. *Streb Lab for Action Mechanics, 51 North 1st St between Kent and Wythe Aves, Williamsburg, Brooklyn (718-384-6491, streb.org). Mon 6–7:30pm. —Sarah Rammos*

HELIUM AERIAL DANCE



CHRISTOPHER TIERNEY

31, Upper West Side

HOW HE GETS SUPER FIT

“I worked with a trainer, Edythe Heus of Revolution in Motion (555 Eighth Ave between 37th and 38th Sts, suite 902; 212-564-0500, revinmo.com). She’s not only the one that put me together fitnesswise for the show, but after I fell—I’m the one that broke a whole mess of bones and lost every muscle in my body because I was lying in bed for two weeks. She brought me back from that to muscle-and-body-ready for the show in four months—after two surgeries. [We] work with a BOSU ball, which is a half gymnastic ball, and then do complete destabilization, which is where nothing is ever on solid ground. [It’s] all core, and firing from the inside. I also work on the gymnastic bar; I use kettlebells, and I run through what’s called a Revolution in Motion 1. It’s an entire program designed by Dr. Edythe. Feet are a big one for her too, because if my feet are strong and they can keep me stable, I can work the rest of my body the way it needs to.”—SS



POPACTION TECHNIQUE: LIZZ RUEHL

MORE ONLINE

Visit newyork.timeout.com/fitness for more unconventional workouts.

Rachel X., 22, business-strategy consultant, Chelsea “My superhero would definitely have a lot of integrity, pride and loyalty—plus the ability to fly and read people’s minds. Is that really cliché? Also, preventing hurricanes.”

Tim G., 22, student, Lower East Side “My ideal superhero would be an athlete. He’d be a basketball player who’d accomplish any task necessary for humanity by beating people at basketball. So I think he’d look a lot like LeBron James, but be a much kinder, more thoughtful person.”



COLLIN BAJA

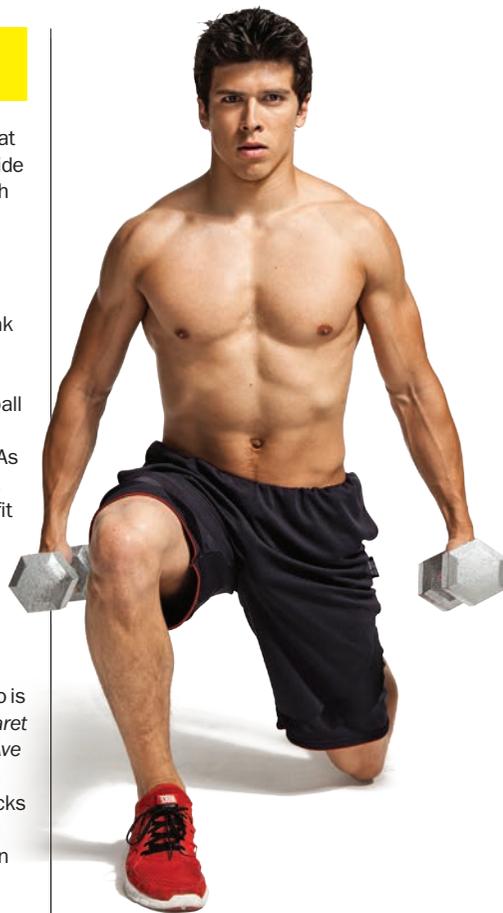
25, Washington Heights

HOW HE GETS SUPER FIT

“For abs, nothing will ever beat planks. Normal planks and side planks for three minutes each are the most valuable ab exercises, because it’s less about vanity and more about true core-strength building. [You should also try putting] a medicine ball under your feet and rolling out to a plank position. Then push down on the ball with the top of your feet, pike your tailbone to the ceiling and bring the ball as close to your face as possible—that’s a brilliant and hard exercise. As for back and shoulders, I do rowing. Overall, I think the trick to having a fit body is a combination of food, staying active in some way every single day, and never getting stuck in some sort of routine.”

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

“My favorite place to work out or run away to is Fort Tryon Park (Margaret Corbin Circle [Fort Washington Ave at Cabrini Blvd]; 212-795-1388, ftpt.org). It’s just a couple blocks away from my house and it’s more beautiful than Central Park.”—SS



CRAIG HENNINGSEN,

24, Upper West Side

HOW HE GETS SUPER FIT

“Performing in *Spider-Man: Turn Off the Dark* takes an incredible amount of ab and leg strength. Flying, tumbling, fighting and dancing in the show relies on these parts of the body working simultaneously, and your upper body follows in tone and strength. Abdominals, V-ups, toe touches, reverse crunches, side planks and bicycle kicks—three sets, 20 to 50 reps—are my favorite and most consistent workout routines. For fast, explosive leg results, I [recommend] these drills: squat jumps, ski hops, extension jumps and leg leaps—three sets, 10 to 15 reps.”

HOW SPIDER-MAN KEEPS HIM IN SHAPE

“Pretty much every leg movement in *Spider-Man* imitates a plyometric exercise [designed to produce fast, powerful movements] in some shape or form, whether we’re marching and leaping as military soldiers, performing quick dance moves or tumbling as the web slinger. Plyometric jumps and leg leaps are proven to increase speed, strength and elasticity.”—SS

MARCUS BELLAMY

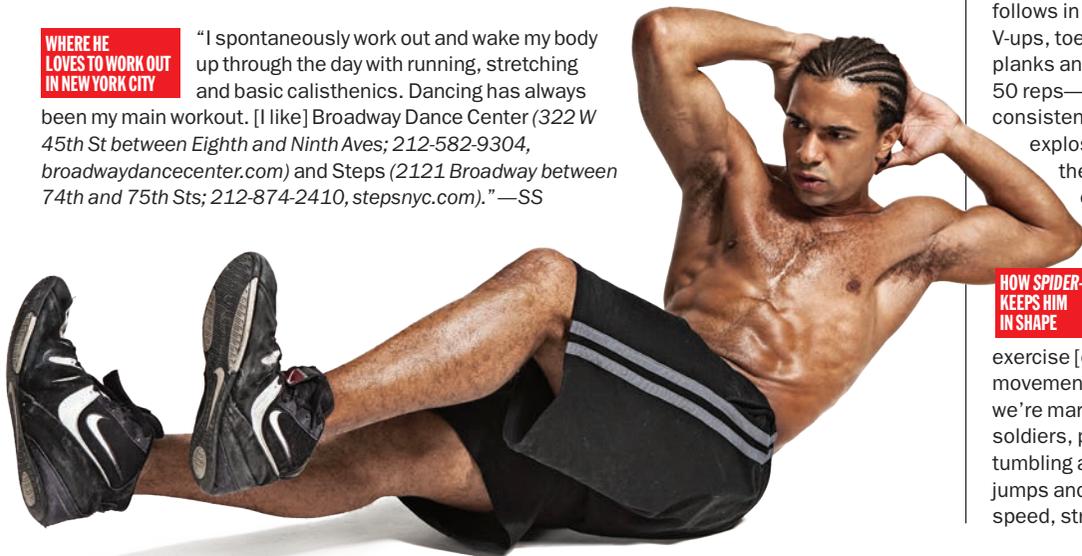
28, Bedford-Stuyvesant, Brooklyn

HOW HE GETS SUPER FIT

“While engaging my abs, I lift my feet anywhere from three to nine inches off the ground and balance on my butt. I hold this position for about 60 seconds, while reaching my arms toward my feet. You can actually do a series of things in this position to strengthen your core, but for a quick core correction, this 60-second method is effective and does the trick. The most important thing for me is the combination of stretching and strengthening. I try to think head to toe: move around, and not judge how I am moving, as long as I’m getting my body warm.”

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

“I spontaneously work out and wake my body up through the day with running, stretching and basic calisthenics. Dancing has always been my main workout. [I like] Broadway Dance Center (322 W 45th St between Eighth and Ninth Aves; 212-582-9304, broadwaydancecenter.com) and Steps (2121 Broadway between 74th and 75th Sts; 212-874-2410, stepsnyc.com).”—SS



Justin T., 23; model; Astoria, Queens “I think it would be interesting to be able to communicate with animals, to maybe command them in some way.”

Hadar P., 25; photographer; Bushwick, Brooklyn “I want to be able to give people orgasms with one glance or one point of the finger. Just because I think people would be happier and less grouchy. You know, while sitting on the train on the way to work, and people are upset or angry, just one tap of the finger and their day is better. Orgasms can save the world.”

MARTIAL ARTS

TONY DEAL Brazilian jujitsu

"It's ground-grappling, submission-based wrestling," says Manny Mendonis, an assistant instructor at Brooklyn Brazilian Jiu-Jitsu. "When you bring your partner to the ground, that's when it goes into effect." Throws, pins, takedowns and partner work are some of the first techniques you'll pick up for this South American martial art. It's based on the Japanese jujitsu of the 20th century, with a focus on close-quartered self-defense. Later, you'll move on to chokes and joint locks. "You're using muscles that you probably never knew existed," Mendonis says. Mention **TONY** to receive a complimentary uniform (\$40 value) at your first class through Nov 1. *Brooklyn Brazilian Jiu-Jitsu, locations throughout Brooklyn (718-331-5487, brooklynbjj.com). Schedule varies; visit website for details. Introductory class \$19.95.*

TONY DEAL Capoeira

Training for this 400-year-old Afro-Brazilian self-defense method includes a fluid series of movements set to live music. Although the form is dancecentric, you'll also be kicking, spinning, doing handstands and, at advanced levels, pulling off gravity-defying flips in tandem with the partner you're battling. Ailey Extension instructor Tiba Vieira, who's been teaching the sport for a decade, says you're guaranteed to enjoy yourself while improving your strength and coordination. First-time class participants can visit alvinailey.org/tony for a two-for-one class coupon, good through Nov 1. *Ailey Extension, 405 W 55th St between Ninth and Tenth Aves (212-405-9500, aileyextension.com). Beginner capoeira Tue 7-8pm, Sat 4:30-6pm; intermediate Tue 8-9:45pm. Single class \$16.50, five classes \$75.66, ten classes \$145.50, 20 classes \$276.45, unlimited monthly classes \$225.*

Karate

Repeated viewings of *The Karate Kid* or a longtime crush on Ralph Macchio may be what draws you to karate, but the champion trainers at dojo Shotojuku take this Japanese martial art very seriously. Respect is primary here: "The first thing you learn is to bow," says *shihan* Kai Leung, a karate scholar and the owner of Shotojuku, who obtained his black belt in 1967 and has been teaching for more than 30 years. Classes wind through the five principles of karate, as well as physical fitness and basic self-defense, namely punching, kicking and blocking. "It's a great workout," says Leung. "Your whole body gets developed." *Shotojuku Karate Dojo, 32-48 Steinway St between Broadway and 34th Ave, Astoria, Queens (718-204-0777, shotojuku.com). Schedule varies; visit*



SILJUN DOBUP

website for details. Trial classes for new students free; unlimited monthly classes \$125.

TONY DEAL Siljun Dobup

Indulge your samurai fantasies by testing your skills at *siljun dobup*, or sword-fighting. At Samurai Sword Class NYC, an extension of the Sun Moo Kwan Kendo Academy, beginners employ a wooden practice sword (and later, a blunt metal one) to learn "the art of drawing the sword, making a perfect cut, flicking the blood off the blade and then resheathing the sword in your scabbard," says instructor Raab Rashi. "You're definitely going to sweat. Anyone can swing a sword and injure someone, but to have control and precision and to do it correctly is really challenging." Mention **TONY** to receive one free class through Dec 15. *Samurai Sword Class NYC, Joria Theatre, 260 W 36th St between Seventh and Eighth Aves, third floor (646-580-9532, swordclassnyc.com). Samurai Sword Class I (beginner) Mon, Tue, Wed 6-7pm, Samurai Sword Class II (intermediate) Mon, Tue, Wed 7-8pm; one class \$20, four or more purchased together \$15 each. —Lisa Butterworth*

EMMANUEL BROWN

29, Bensonhurst, Brooklyn

HOW HE GETS SUPER FIT

"For abs, I do crunches or V-ups; V-ups are good for engaging the entire core. Squats, the leg press and calf raises [are great] for legs, and the row and shoulder press for back and shoulders. I tend to stretch a lot and make sure to finish three sets of whatever exercise I'm working on."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

"I do things in the show that work many of the same muscles in various ways. [At one point,] I have to crawl down a slanted stage forward and backward. I employ many different muscle groups to control myself."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I like to practice martial arts and acrobatics whenever I have the opportunity. I was practicing at Amerikick (529 Fifth Ave at

14th St, Park Slope, Brooklyn; 718-768-8200, amerikick.com) for some time." —SS

MORE ONLINE

Visit newyork.timeout.com/fitness for more martial-arts classes.



Dina D., 25, real-estate broker, Gramercy/Flatiron "I want to be everywhere at any time—or be in two places at once. I would just want to fly."

JuLondre B., 23, nonprofit fund-raiser, Harlem "My ideal superhero would have the mind-control powers of Professor Xavier from *X-Men*, but he wouldn't be old and dry. But definitely mind control, because I feel like ideas are really powerful. A lot of people have stupid ideas that I could just change, and then everything would be okay."

HIGH-ENERGY AEROBICS AND FUSION CLASSES

Aqua Workout

Aquaman may not have the cachet of Spidey or Wolverine, but there's no denying how good he looks in spandex. Take your cue from the amphibious Justice Leaguer and hit the pool with trainer Brian Kent. His rigorous, hour-long sessions lead swimmers through kicking, running, weight training and flying jump-kick maneuvers. "The water is great for getting an all-around workout without putting pressure on your joints," says Kent. *New York Sports Club, locations vary; visit mysportsclubs.com for details. Schedule varies. Day pass \$25, membership \$69-\$95 per month.*

TONY DEAL The Beast Boot Camp

Reenact a Captain America-style training routine by climbing cargo nets, running while pushing a sled, racing wheelbarrows and zooming down fire escapes. By the time you get to suicide sprints in the sandpit, you might think saving the universe is easy in comparison. Nonmembers who mention *TONY* get 50% off the eight-week session when enrolling in the session that starts Oct 29. *The Sports Center at Chelsea Piers, 23rd St at the Hudson River (212-336-6000, chelseapiers.com). Mon, Wed, Fri 6-7am, 7-8am. Three classes per week for eight weeks: nonmembers \$720, members \$576.*

Blockbuster Body

The goal of this new cardio circuit is to get you a covetable physique through a combination of running, kicking, rolling, crawling and gymnastics. After a breathless succession of sprints, you'll move into kickboxing alternating with push-ups and squats, followed by a gymnastics-inspired core series that will leave your abs screaming. Finally, you'll stretch everything out with 15 minutes of sinuous, yoga-style stretching. *Equinox, 250 E 54th St between Second and Third Aves (212-972-8000, equinox.com). Thu 6:45pm; monthly membership \$149-\$179.*

Fight Club

The first rule of this cross-training session is that you can talk about it all you want—but that won't stop your muscles from getting sore. Jumping rope is at the heart of Fight Club, and the exercise will extract sweat as you burn three times the calories you would while running. Intersperse that with jabs, uppercuts and Rocky-style strength-training intervals, and just 45 minutes can start whittling a svelte form from your Chipotle gut. *Location and schedule varies; visit davidbartongym.com for details. Membership \$125 per month.*



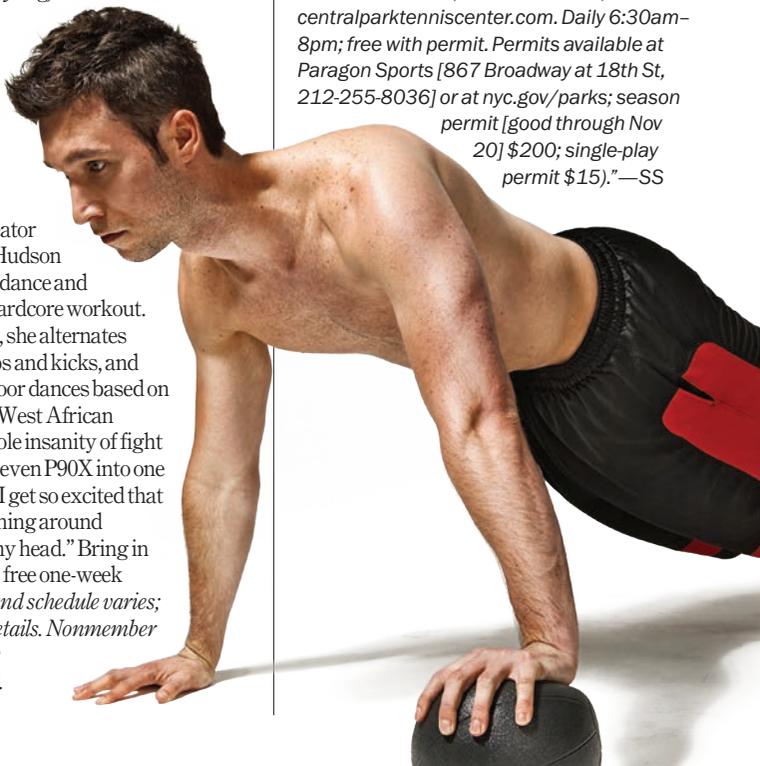
MORE ONLINE
Visit newyork.timeout.com/fitness for more aerobics classes.

Powerocity

Trainers Michael Hughes and Rima Bien play tag team with this multidisciplinary class's 20 or so participants. You'll be divided into groups and driven through a program of sprinting reps, kickboxing moves and basketball drills. The sheer breadth of sports you'll tackle can ready you for anything the universe throws at you. *92nd Street Y, 1395 Lexington Ave at 92nd St (212-415-5500, 92y.org). Tue, Thu 9:15-10:30am; 16 classes \$400, 20 classes \$500. Next session begins Nov 29.*

TONY DEAL Tabura

In this sweaty 45-minute session, creator and instructor Reign Hudson meshes West African dance and kickboxing into one hardcore workout. After a brief warm-up, she alternates between flurries of jabs and kicks, and bursts of low-to-the-floor dances based on routines practiced by West African soldiers. "I put the whole insanity of fight training, dancing and even P90X into one class," says Hudson. "I get so excited that I start yelling and running around waving a towel over my head." Bring in this article to receive a free one-week guest pass. *Location and schedule varies; visit crunch.com for details. Nonmember day pass \$30, monthly membership \$60-\$99. —Jacqueline Detwiler*



KEVIN AUBIN

28, Upper West Side

HOW HE GETS SUPER FIT

"I was always at the gym and in good shape, but it all completely changed when I broke both my wrists during the show. What I learned going through a lot of physical therapy is that I [needed to start] to build a lot more forearm strength, and a lot more core strength, which is utilized [in] the show. What I began doing for my wrists especially is, I got a five-gallon bucket, and I put a couple gallons of rice inside of it, and I started doing boxing exercises by jabbing the rice. You punch it, you do some wrist work—45 seconds for each exercise. In terms of core strength, it was a lot of medicine-ball work and planks. Always [do them] in front of a mirror, or have a friend with you to make sure your back is flat. If your hips are too far up, then you're using your legs or shoulders."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

"They have a couple of weights and stuff at the [theater], and since I'm always at the theater because [I'm a] swing, I use whatever they've got. Pull-ups are the best thing you can do. Also push-ups."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I have played tennis in Central Park; it's another great workout (*Central Park Tennis Center, enter at Central Park West and 96th St; 212-316-0800, centralparktenniscenter.com. Daily 6:30am-8pm; free with permit. Permits available at Paragon Sports [867 Broadway at 18th St, 212-255-8036] or at nyc.gov/parks; season permit [good through Nov 20] \$200; single-play permit \$15).*—SS

Anna K., 28; corporate attorney, Gramercy/Flatiron "Invisibility, the power to fly and the ability to stop time, so you can sleep and do other things that you don't usually have time for."

James R., 26; caterer; Fort Greene, Brooklyn "I would like to be able to swim in the ocean very quickly and below crushing depths. Because honestly, what's down there? Nobody knows. Can't get cameras down there. Can't get submarines down there. I think it's an unsolved mystery. If I could patrol that area, I'd be the king of the sea."

REEVE CARNEY

28, Greenwich Village

HOW HE GETS SUPER FIT

"For me, the show is my workout. [Spider-Man] is a really great cardiovascular workout. The biggest change I've noticed is that my reflexes have improved dramatically. But I never wanted to get any bigger. I'm onstage with a band, and I like to wear sleeveless shirts. The only rock star I can think of who really makes that work, with muscles, is Bruce Springsteen, and I'm not really like him. I love his music, but I wouldn't put myself in that category. It helps to be a little more slight-of-build."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

"There's this [number] called 'Bouncing Off the Walls' that I do; every time I'm in a harness, you have to use your abs like crazy. I sing and bounce around the room, and go upside down and flip. Pretty much anything that has to do with flying takes a lot of core strength. Just having to sing and maintain breath support and intensity while doing all this movement, that's a workout in and of itself. I feel healthier than I've ever felt."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I walk a lot. Yesterday I walked eight miles, and I'm about twice as fast as any other New Yorker I've ever seen. I took boxing lessons, when I was auditioning for the show. I loved it. That really wears you out. That's more intense than anything I do for the show. They had me do this crazy drill. I almost threw up. You had to go through this obstacle course of various exercises. It was so intense."
—SS



Fred G., 75, retired photographer and artist, Upper West Side "I'm in love with my friend's doggie, Sophie. She's so intelligent [and] beautiful; she enhances my life. A superhero should have the qualities of this little Maltipoo."



KANGOO HIP-HOP DANCE

ADVENTUROUS WORKOUTS

LEGS

TONY DEAL **Aerojump**

Jumping rope to pulsing, 137-beats-per-minute house music may sound repetitive, but the focused movements in Aerojump will tone your gams. In addition to sculpting your legs and upping your heart rate, maneuvers like crossover turns also work the core and upper and lower body over the course of 30 or 60 minutes. Mention **TONY** when signing up to receive \$10 off your first class through Oct 15. *Aerospace High Performance Center, 332 W 13th St at 4th St (212-929-1640, aerospaceinc.com). Mon 6:30–7pm, Fri 6–7pm; each class \$40.*

TONY DEAL **Kangoo Hip-Hop Dance**

It's easy to laugh at those crazy, Rollerblades-esque Kangoo Jumps—until you try maneuvering in the bouncing shoes yourself. The footwear requires some serious leg strength and endurance, but Kangoo guru Mario Godiva Green swears they'll give you an "exhilarating feeling." In this hip-hop class, Green will help you get your bearings in the boots, then take you through a warm-up and easy-to-learn choreography. In addition to decreasing impact on your joints, the four-pound kicks act like built-in weights, which hone your calves and thighs as you work through the dance steps. Mention **TONY** when signing up on Green's website and get \$10 off your first class through Nov 15. *Club H, 423 W 55th St between Ninth and Tenth Aves (mariothetrainer.com). Tue 8:30pm; each class \$20, includes shoe rental.*

Trampoline classes

With only four or five people in each hour-long free-form class, you'll spend ample time on Olympic-sized trampolines learning cool tricks like tucks and straddle jumps. At the end of the day, your legs—especially your hamstrings—will have improved, as will your overall coordination. According to instructor Sarah Callan, the trampoline also "helps with aerial awareness," encouraging you to think about how to move your body even in mundane situations. *Trapeze School New York, 518 W 30th St between Tenth and Eleventh Aves (212-242-8769, info@trapezeschool.com, newyork.trapezeschool.com). Daily, times vary; \$35–\$65.*

FREE WORKOUTS!
Get the scoop on BeFitNYC, a week of free and cheap workouts in city parks, at newyork.timeout.com/fitness.

ARMS

TONY DEAL **Boot Camp**

Instructor Eddie Lima uses his elite Special Forces training to get you fit during this four-week military-style program. The 22-year Army vet pushes participants to achieve their fitness goals through traditional boot-camp exercises, which range from arm-punishing push-ups and pull-ups to hand-to-hand combat. But Lima isn't your stereotypical drill sergeant: He makes sure all levels are challenged appropriately, and he fosters unity among class members. "You're gonna get pushed hard," he admits, "but I know what I'm doing." Mention **TONY** and Eddie Lima when you sign up to get one month of classes for \$125 (regularly \$200) through at least January 2012. *Trinity Boxing Club NYC, 110 Greenwich St at Carlisle St (212-374-9393, trinityboxing.com). Mon, Wed, Fri 6am, 7am; \$30 per class, four weeks \$250.*

Climb and Spin

Don a pair of heels, swing your hips, and prepare to tone your guns at this ladies-only class. You'll

Jack W., 33, "man of leisure"; North Bergen, NJ "[Someone] hot, strong and brave: Hot because it gives you something to look at, strong because they need to do things and brave because they're going to do shit I sure as hell am not going to do."

Get SUPER fit

begin with a warm-up series of stretches and push-ups before segueing into pole choreography. By bumping and grinding your way through a variety of climbs, spins and poses, you'll build your biceps, abs and back muscles. According to instructor Tracy Traskos, "The workout allows women to move in that cool, sexy [way]." *New York Pole Dancing, 333 W 52nd St between Eighth and Ninth Aves (917-628-7449, nypoledancing.com). Schedule varies; visit website for details. \$40 per class.*

Forza

A one-to-three-pound wooden Japanese sword (*bokken*) is your primary weapon during this hour-long upper-body session. Creator and instructor Iliaria Montagnani guides you and 40–50 other samurai wanna-bes through a series of choreographed cuts, strengthening biceps and triceps, among other muscles. Montagnani also incorporates lunges and squats to tone legs. Be ready to harness your mind, too: "When you have a sword in your hand," says Montagnani, "you can only think about your next move—nothing else." *Equinox, location and schedule varies; visit website for details. Monthly membership \$178.*

ABS

Beginner belly-dancing classes

Women who want to firm their midsection but aren't necessarily aiming for a Situation-esque six-pack can work their abdominals with this sensual Middle Eastern art form. Regardless of the style (Egyptian, Turkish and others are offered), instructors demonstrate basic posture and choreography, showing you how to wind and shimmy while keeping your core tight and supported at all times. "It's a great way to get in touch with your body, make new friends and [tap into the] power of your own femininity," says cofounder Kaeshi Chai. *Bellyqueen at 440 Studios, 440 Lafayette St between Astor Pl and E 4th St, fourth floor (917-515-0168, bellyqueen.com). Schedule varies; visit website for details. Drop-in class \$17, five-week course \$75, ten-class card \$150.*

Abs

During this half-hour session, instructor Felix Sanchez will push your abs toward prewashboard territory. You'll sculpt your obliques with an intense series of crunches, planks and cardio, gradually increasing in difficulty. The class is offered every day, with a different spin each time, and features a small size (four to five people max), but Sanchez switches the routines for variety.

FORZA



SURFBOARDING

BEGINNER BELLY-DANCING CLASSES



Planet Fitness, 2241 Westchester Ave between Castle Hill and Glebe Aves, Bronx (718-239-8210, planetfitness.com). Schedule varies; visit website for details. Monthly membership \$10 plus \$29 initiation fee.

TOUR DE FORCE SURFBOARDING

Even if you'd rather not hang ten at Rockaway Beach, you can still practice your technique this fall: Using a wooden Indo Board resting on an inflatable circular pouch, aspiring surfers work on balance while getting a great leg, core and lower-back workout. It's effective because you're forced to control your body's stability in ways you haven't before. Bring in this article to receive a free one-week guest pass through Nov 1. *Crunch, 691 Fulton St between Ashland Pl and St. Felix St, Fort Greene, Brooklyn (718-797-9464, crunch.com). Tue 6:45am; day pass \$30, monthly membership \$60–\$100.*

BUTT

Ass Blast

Gym owner David Barton boasts that "you'll be able to crack a walnut between your butt cheeks" after taking this grueling 45-minute class, which works your entire backside and upper-leg areas (glutes, quads and hammies). A series of squats, lunges and lifts tightens your rear in all the right places; if it's your first time, let the trainer know so he or she can show you the proper form for the best results. *David Barton Gym, 4 Astor Pl between Broadway and Lafayette St (212-505-6800, davidbartongym.com). Thu 6:30–7:15pm, Sun 10:30–11:15am; monthly memberships start at \$125.*

Kickboxing

One hour-long course at CKO Staten Island burns upwards 1,200 calories: You'll begin with stretching and a light punching routine, eventually moving on to kickboxing combinations with a punching bag that will tone your whole body—buns included. "The most important thing is to go at your own pace," says co-owner Nick Orlando. Because kickboxing is an excellent stress reliever, you'll notice improvements not just physically, but mentally. *CKO Staten Island, 4255 Amboy Rd at Armstrong Ave, Staten Island (718-984-5425, kcosi.com). Schedule varies; visit website for details. Nonmembers \$20, first class free.*

TRX

Latching on to this Navy SEAL–designed pulley system is a little like getting caught in Spidey's web. But the device will help you tone your body, instead of battling epic foes. Comprising squats, lunges and hamstring curls, instructor Terri Mangas's 30- or 60-minute class uses the contraption to get you deeper into each position and work your muscles more acutely than you could without it. According to Mangas, "It's a great way for people to become aware of their form and posture." *The Rock Health & Fitness Club, 22-15 31st St between Ditmars Blvd and 23rd Ave, Astoria, Queens (718-204-1400, therockhealthandfitness.com). Mon 10:30–11:30am, Tue 8–8:30am, Wed 6–6:30pm; month-to-month membership \$89 per month, annual membership \$63 per month; \$29 initiation fee.*

GET SPIDEY-FIT!

Visit newyork.timeout.com/fitness for more workouts with the cast of *Spider-Man: Turn Off the Dark*.