

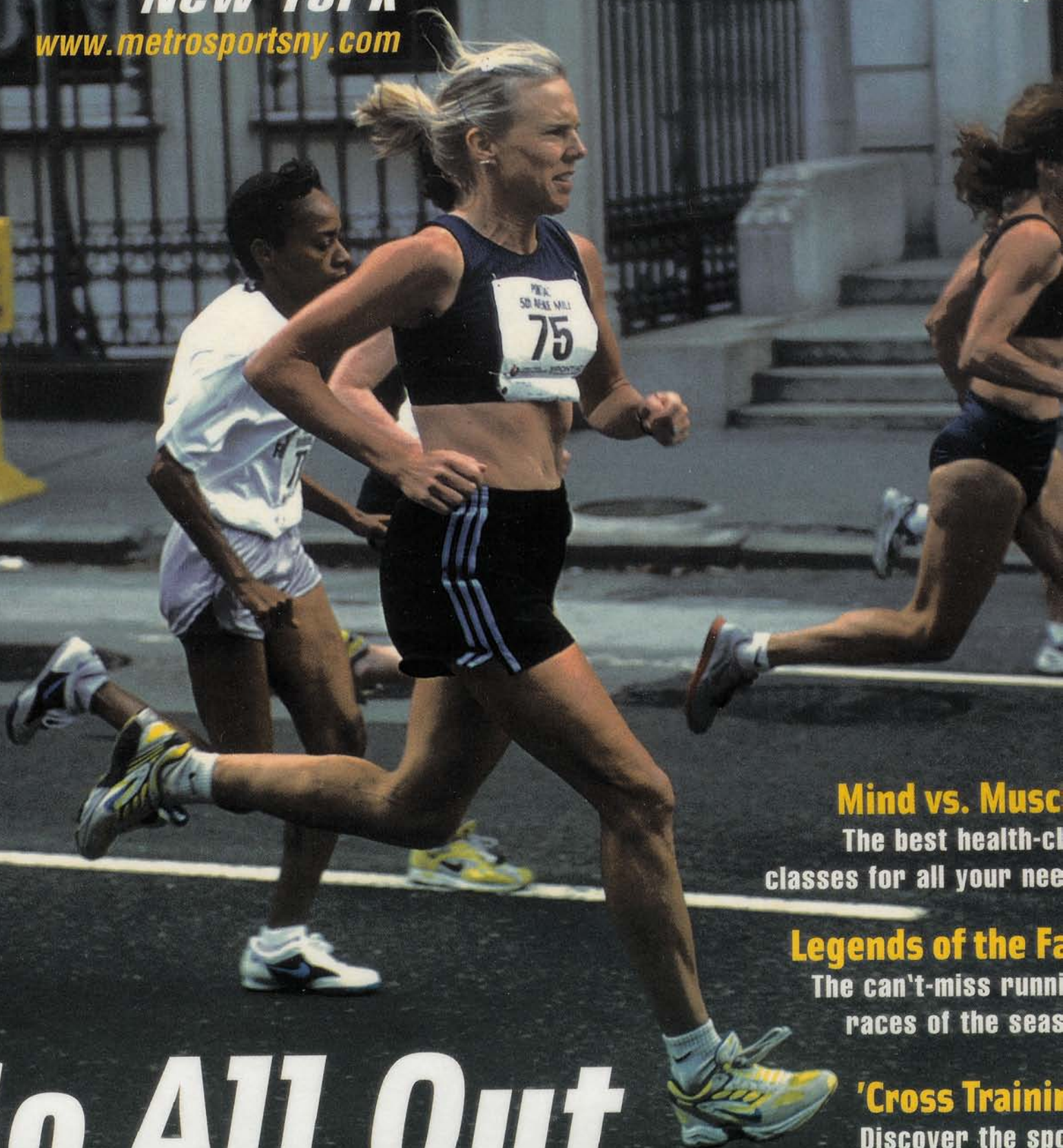
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MIND

w York Sports Club
nd focusing your chi (energy)
participants
Sports Club members; one-day
lass for nonmembers costs \$25
e for free first-time visit)
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ace and noise of New York City
make any longtime resident a lit-
might be the way to calm your
lass at the New York Sports Club
South), you'll spend one hour
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xt up is a joint rotation to warm
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during the second half-hour. Tai
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which, put together, look like a
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you'll learn to reach deep inside
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—Margie Goldsmith

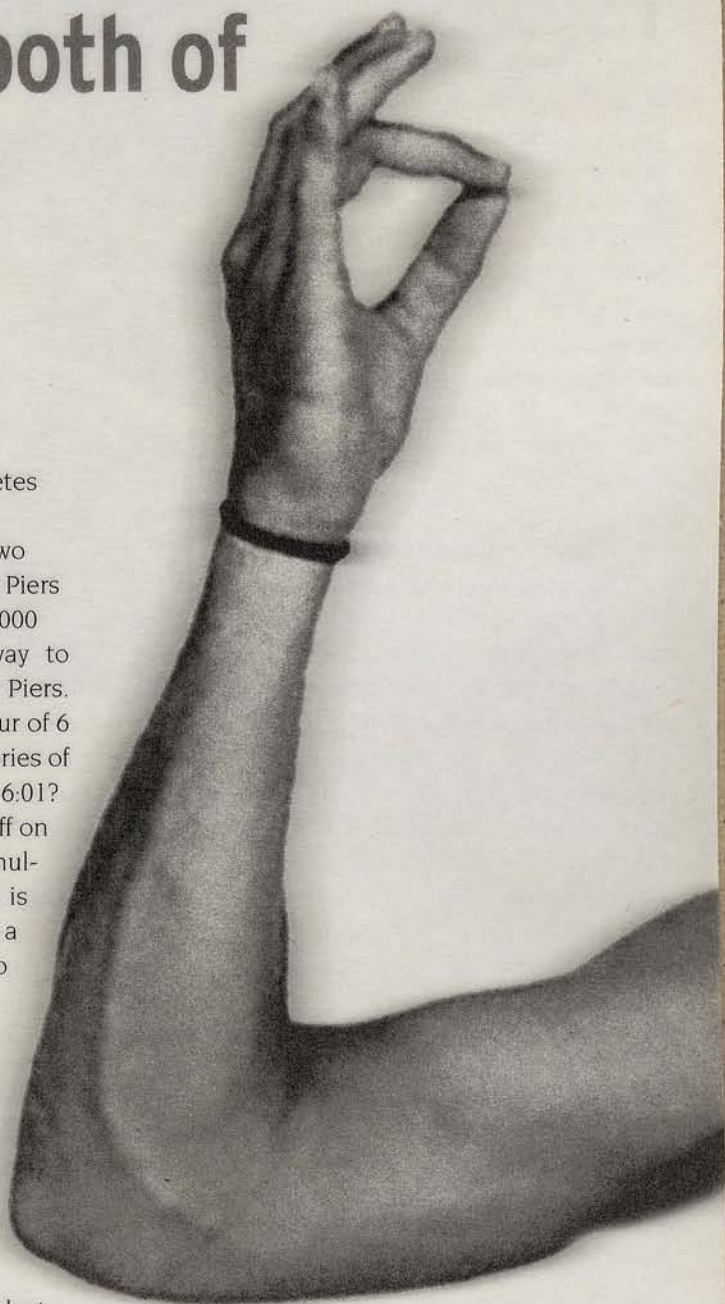
MUSCLE

Three-Sport Smackdown

Class: Full Throttle, Chelsea Piers
Focus: Strength training for multisport athletes
Size: 12 to 15 participants
Cost: \$799 for eight weeks (twice a week for two hours) or \$1,099 for nonmembers at Chelsea Piers
More Info: www.chelseapiers.com, 212-336-6000

Two hours of hell—that's the best way to describe the Full Throttle class at Chelsea Piers. From the start of the session (at the early hour of 6 a.m.), participants submit their bodies to a series of ever-increasing physical tests. You arrived at 6:01? Drop for 50 pushups. You missed a time cutoff on the one-mile run? Drop for another 50. The multisport-focused class run by Scott Berlinger is not for complainers, nor for people who like a slow-paced workout. The class is broken into two levels, which meet on alternating days. Both levels start in the pool, where participants swim about half a mile for Level I or one to two miles in Level II. Between laps, expect Berlinger to bark out orders for pushups. Then, after a tiny transition period, it's on to the track, where the class runs quick miles, broken up by 15-minute sessions on stationary bikes. Too slow on the track? You guessed it, more pushups. The last section of the class is generally devoted to strength and agility exercises, including rope climbs, arm-wrestle drills, ab workouts and sand running. And, of course, lots of pushups. If you can lift your arms after a two-hour Full Throttle session, you've won the battle. "Penalties are dealt harshly, because I want everyone to be responsible for the team," Berlinger says. "It really makes you hold yourself to a higher standard." Anyone who can survive eight weeks of Full Throttle will be competing at a higher standard as well.

—Jeremy Shweder



MIND

Body-Bending Yoga

Class: Yoga at the Integral Yoga Institute, NYC
Focus: Flexible body and peaceful mind
Size: Six to 20 participants
Cost: \$13 per class or 10 classes for \$115, 20 classes for \$220
More Info: www.integralyogany.org, 212-929-0585

Everyone is doing yoga now, including the hard-core weekend warriors that once laughed at the idea

vs. Muscle

Saturday or the free deep-relaxation class, Fridays at 5:30 p.m. —Margie Goldsmith

MUSCLE

Calling All Muscle Groups

Class: AfterBurn, Duomo Gym

Focus: Muscular strength and endurance, lactic-acid tolerance

Size: 12 to 20 participants

Cost: Free to members

More Info: www.duomogym.com, 212-689-9121

Some people go to the gym to tone. Others go to burn. If you're among the second group, the AfterBurn muscle-building class at Duomo Gym will fulfill all those lactic-acid needs. The one-hour class at the center on East 26th Street is basically the opposite of your mother's body-sculpting session. The music blasting through the speakers is Pearl Jam or Incubus, not the latest techno-pop hits, and the movements are not in sync with the music. The class, taught by Duomo owner and 1987 Mr. America winner Rich Barretta, is kind of a group weight lifting/personal training session, but without the heavy weights. During the bulk of the class, students do multiple sets and variations of squats, lunges, lateral raises, front raises, military presses and more (some using

light dumbbells and some with just bodyweight), as well as plyometrics and lots of ab work. The pace is sometimes slow and deliberate, as Barretta has participants focus on technique, range of motion and safety. If you can't complete the set with pristine form, Barretta prefers that you stop, rather than learn bad habits and risk injury. Throughout the class, he and his assistant roam the mirrored room correcting any transgressions. Sometimes the correction is barked across the room; other times Barretta will manually move you into proper position as if you were a sweaty, gasping piece of clay. AfterBurn caters

How tough are you? Participants in the multisport Full Throttle class at Chelsea Piers do an arm-wrestling drill that leaves their arms limp on completion.

MIND

See the Light, Be the Light

Class: Healing Light Meditation, Equinox Fitness Clubs

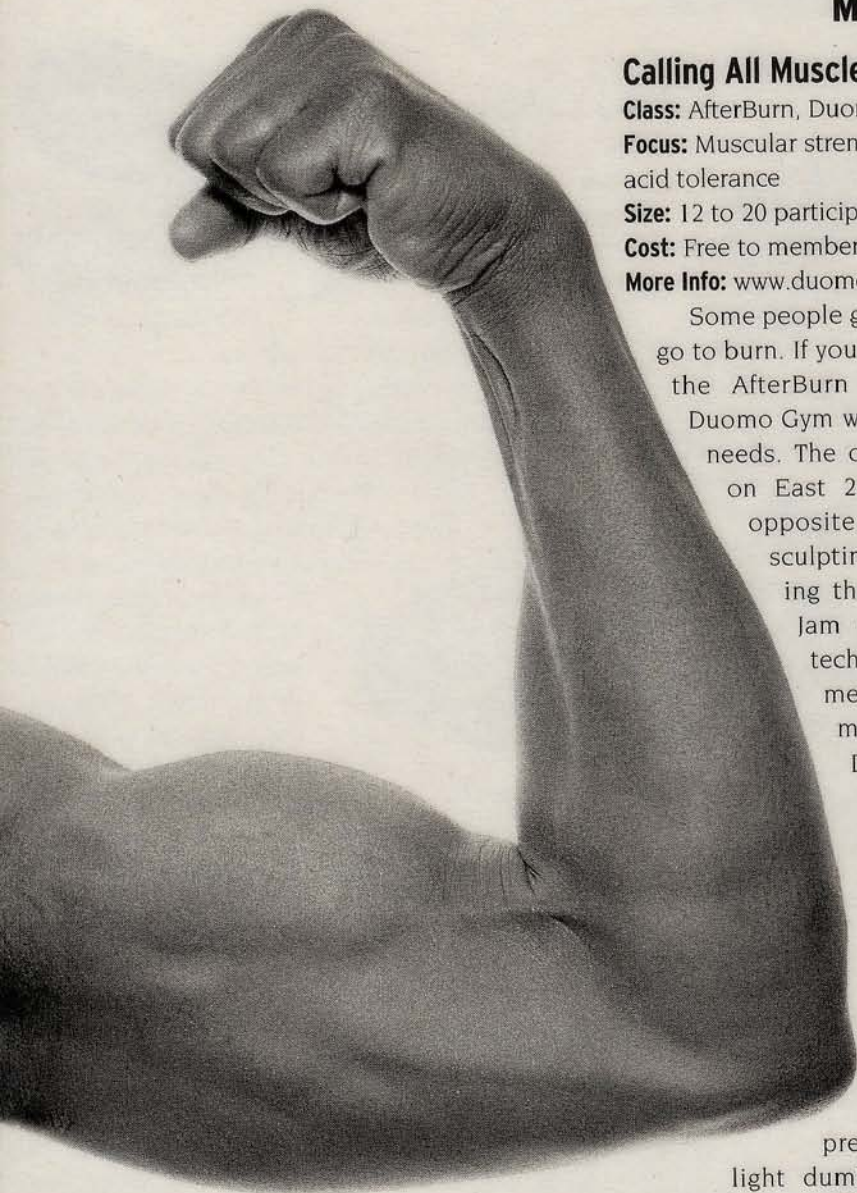
Focus: Meditation and relaxation

Size: 10 to 20 participants

Cost: Free to Equinox Fitness Club members (if you're not a member, there are no day passes, so find a member to bring you as their guest)

More Info: www.equinoxfitness.com

Try to sit completely still for an hour. It's not easy. Try it right now, even if just for 10 minutes. You can't do it. Meditation isn't a regular part of most people's lives, which is why the Healing Light Meditation class at Equinox is so popular. Participants in the twice-a-week class sit on a mat wrapped in a blanket with their feet on a towel pillow. Add in gentle music and the soothing voice of Minnie Driver gently urging you to heal your emotions, and you have the essence of Healing Light. The class is called "Healing Light" Meditation. Keyes tells participants to de-stress by visualizing healing golden and violet light coming from the crown of their body. Keyes says that meditation can help heal mental, physical and spiritual ailments. All of this is too "touchy feely" for many people, so the class is a way to have an uninterrupted nap right on the gym floor. Meditation is taught only at Equinox Chelsea Piers and at Equinox Greenwich Street.



of intense stretching. In New York City, no one's doing more yoga than the Integral Yoga Institute (227 W. 13th St. and 100 W. 72nd St.). The classes there incorporate a balanced practice of Hatha yoga, a 5,000-year-old style that focuses on physical postures, breathing, chanting, deep relaxation and a little meditation. Integral offers at least 19 yoga classes each day for all levels, and it's not just about flexibility: Practice yoga long enough, and you might even discover that "inner self" everyone talks about. "We look outside ourselves for comfort," says Swami Bhaktanada. "In yoga, you learn the comfort is inside you." Don't want to pay? Try the free 30-minute meditation class offered twice a day, Monday through