

Monday, December 28, 2009



Fitness Faves

A look back at how we worked out 2009.

Missed some of the adventurous ways we slimmed down in '09? Don't sweat it. Here's our in-a-nutshell recap of the best classes in The Big Apple.



SO YOU THINK YOU CAN DANCE?



What: We're no twinkle toes, but we pirouetted and pliéd our way through the Absolute Beginner's Ballet class at **The Ailey Extension**.

Where: 405 W. 55th St., (212) 405-9000, MAP

Why: Aspiring dancers can try hip hop, samba, street jazz, and more.