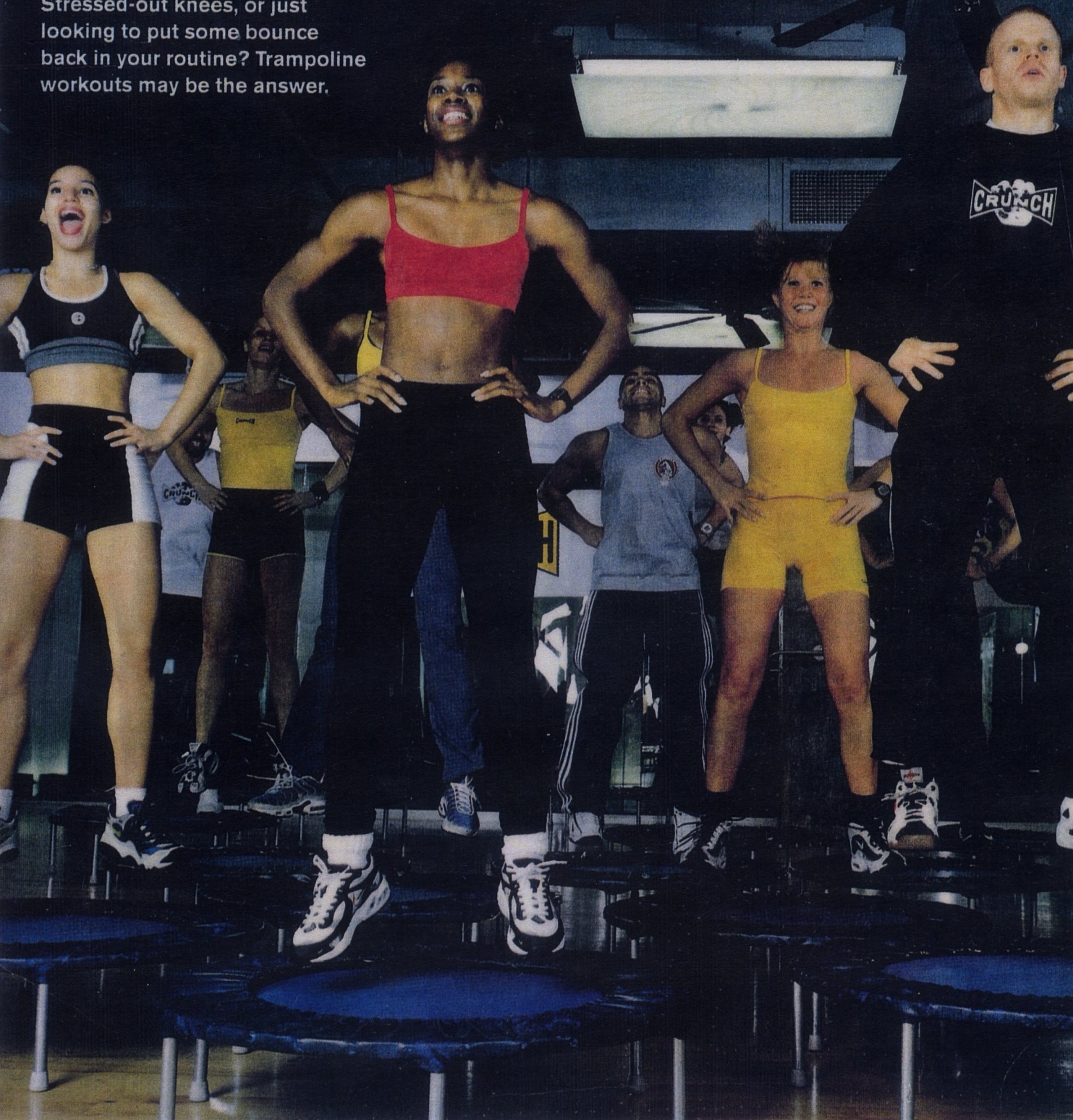


# FIT·BUZZ

HOT TRENDS  
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FITNESS NEWS  
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BEST BODIES

Stressed-out knees, or just looking to put some bounce back in your routine? Trampoline workouts may be the answer.



# SPRING Is in the Air

What's so unusual about wind sprints, boxing punches, jumping jacks and swim strokes? Everything—when you do them on a mini trampoline! The Urban Rebounding trend we reported on last month has taken off. Now Crunch health clubs across the country are offering it as a 45-minute

group fitness class led by J.B. Berns and his disciples. Rebounding allows you to work harder—and for longer—than most workouts because your energy isn't being used to absorb the shock of a hard surface, Berns explains. Anyone can do it; it's an especially good alternative for people who need to avoid high-impact workouts like running. The calorie burn is comparable to jogging, but with no stress to the joints of the lower body—and rebounding is a lot more fun. (There's something totally cool about jumping as high as you can to the musical theme from *Rocky*.) But beware of the bounce. ("Even my most supportive bra couldn't get me through this class," said one participant.) And a bit of coordination is needed, since the springy surface is just 28 inches in diameter. So Berns recommends the following technique:

- When you get ready to jump, bend your knees, tighten your abdominals and lean slightly forward.
- Push down on the mini trampoline, rising only two or three inches in the air so you keep a low center of gravity.
- When you come back down, make sure your knees are soft.

For a mini-trampoline class near you, or for more information on the soon-to-be-released Urban Rebounding video, call 212-734-6313.

## Other Trends Across the Country

**ST. PAUL, MINNESOTA** Cha Cha Chow at the SweatShop Health Club. This new fitness class combines ethnic food and dancing. In March, check out West Side Story night: You'll feast on Puerto Rican seafood chowder and follow it up with salsa dancing.

**LOS ANGELES** Millennium Stretch at the Sports Club/LA. The club's newest addition draws from tai chi, yoga and traditional and nontraditional stretching techniques. Participants learn eight poses of empowerment, each symbolizing a different feeling, such as "centering" or "releasing."

**CHICAGO** Bootcamp Fitness at Gold Coast Multiplex Health Club. Former marine sergeant Derhyl Randle pushes recruits through a rigorous aerobic and strength-training program that includes military-style sprint drills, chin-ups and squat thrusts. (Six-week courses only.)

## Camp Fitness

Get an insider's look at the hottest fitness trends from across the country at the East Coast Alliance/ NYC '99 Expo, March 12–14, at the Marriott Marquis hotel in New York City. This year's Expo will feature more than 100 workshops and classes—including hip-hop, tai chi, aerobic choreography, step, yoga, Pilates, sport-specific training, biomechanics, indoor cycling, boxing, martial arts, nutrition and weight control—taught by top trainers and nutritionists. After your workout, shop for discounted exercise clothing and music in the trade show. Bonus: FITNESS readers will receive two-for-one admission to the trade show on Sunday, March 14, if they mention FITNESS at the admission booth. For registration and information, call 800-322-3976.

PHOTO BY MICHAEL WONG. LOCATION: CRUNCH, NYC.