

Working outside the box

Juggling Class at JuggleFit

Have you always nurtured a secret dream to run away and join the circus? Well, here's your chance (for an hour, at least). You'll gain some serious ball-throwing skills at this hour-long class that also promises to burn some major calories. Best of all, you're guaranteed to learn how to simultaneously keep as many as three balls (or scarves) in the air after just one session. That definitely seems like something you could add to your dating-app profile (not to mention it's a nifty new party trick).

→ 305 W 38th St · 520 Eighth Ave · jugglefit.com. Sat at 2pm; \$20.



most famous swords." (It's lightsabers, people, come on.)

→ 520 Eighth Ave (roguealliance.org). Thu 7–9pm; free.

Skaterobics at St. John's Recreation Center

Wheels up, y'all! Kick it like you did in grade school at this two-hour low-impact workout, in which you spend the entire time on skates. Each Skaterobics class is broken down into three components: a "basic" portion for learning the fundamentals; a "fitness" section in which you burn roughly 600 calories while working on balance and coordination; and a final "dance" portion that has you put your new skills to good use and break it down to some jams, classic roller-rink-style. After one session, you should be 100 percent *Xanadu*-ready.

→ 1251 Prospect Pl, Brooklyn (skaterobics.com).

Sun at 1:30pm, Tue at 6:15pm; NYC Parks Dept membership required: \$25–\$150/year, children under 18 free.

Spear and pole weapons at Sword Class NYC →

Which of these is more impressive: "I'm going on a light jog tonight" or "I'm currently training to defeat my enemies by mastering the ancient art of spear battle"? Learn the basics of fighting with the quarterstaff, halberd and short spear in this introductory course, and if you want to improve your fighting skills even more, sign up for the next level: an advanced sparring session during which you face off against your fellow students. Gauntlet, thrown.

→ 1944 Madison Ave (swordclassnyc.com).

Various dates and times; \$10.



AG6 at Asphalt Green

Prefer lounging in your apartment and playing video games to hitting the treadmill? This should finally motivate you to get off the couch. AG6 is the first workout in North America to utilize cutting-edge PRAMA technology, which basically means you run around a room and hit light-up buttons while the floor responds to your movements. The high-intensity, circuit-based training encourages you to explore an 1,800-square-foot facility, step on interactive tiles and bounce balls off the walls—generally giving you the feeling that you're exercising inside of a video game. But luckily, the workout you get is all real.

→ 555 E 90th St (asphaltgreen.org). Various dates and times; \$15–\$300.

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