



Juggling, trampolining, hula hooping and stilt-walking strengthen muscles, improve balance and coordination and increase agility. These circus-themed activities, an alternative to your fitness routine, are offered nationwide.

"I just can't go to the gym; it's so boring," says Ingrid Hoffman, a teacher at A-WOL Dance Collective (awoldance.org) in Portland, Ore. "I developed this class so you'd focus on the fun, and the fitness would happen naturally." Hoffman's classes begin boot-camp style, with running and lunges, but quickly move to low-hanging trapezes, where the whole body is challenged and toned. Students employ their new strength learning aerial hoop and silks, an elegant acrobatic art performed on hanging fabric.

Cirque School LA (cirqueschoolla.com) teaches classes such as beginning contortion tricks, hand balancing and aerial fitness on the trapeze, fabric and rope.

At Circus Juventas (circusjuventas.org) in St. Paul, Minn., youngsters choose from an enormous selection of classes cultivating aerial skills, balance, juggling and acrobatics. Classes for adults include triple trapeze, hoops, juggling and unicycles.

Sky High Sports (jumpskyhigh.com) offers wall-to-wall trampolines in seven states — Washington, Oregon, California, Texas, Illinois, Tennessee, North Carolina — attracting kids and grown-ups to dodgeball, free jumping and the AIRobics class. "It is a huge cardio workout; you burn about 1,000 calories per class," says owner Jerry Raymond. "I love the way everyone is smiling and laughing — you don't see that at the gym!" —AK

Fun Fitness