

Warning to all cynical types:  
This trampoline class may  
cause uncontrollable urges  
to whoop aloud with joy.  
Don't say we didn't warn you ...

I'm not a big fan of whooping during fitness classes. I know that it's polite to give the instructor feedback and all that, but I leave that to the others—I prefer to save my energy for the workout, thanks.

So when J.B. Berns, the guy behind Urban Rebounding (Crunch gym's new mini-trampoline class) enthusiastically calls out, "How are you feeling?" to our group, I surprise myself by whooping along with the other women without even thinking. Aloud! Have I mentioned that I never whoop?

But let me explain.

#### A Retro Fad Or the New Spinning?

When I first hear about a mini-trampoline class, my reaction is, "What will they think of next?" I used to have one

## Class Action:

of those mini-trampolines when I was 15, and would dutifully jog on it while watching T.V. Yet those jumping units strike me as, well, so '85, if you must. I mean, I grew out of that phase by my junior year of high school!

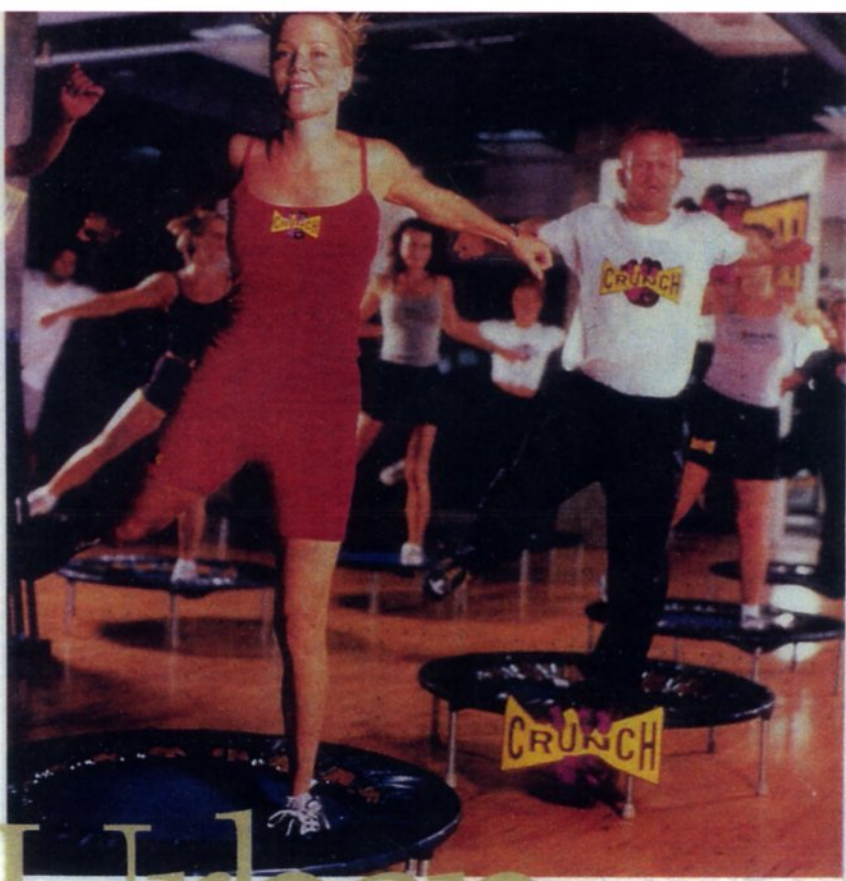
So I am definitely skeptical, because sometimes these classes are big on gimmick, small on substance.

When I walk into Crunch gym, Lisa, the publicity chick, is waiting for me. "People have been throwing fits because they couldn't get into this class," she says. "This class is like the new Spinning!"

Well, that doesn't exactly get my pulse a racin', as I'm hardly a Spinning fool, but I'll keep an open mind.

Since all the first-row trampolines are taken, I get my treasured spot in the back of the class. I won't be able to enjoy true anonymity, though. Before class, Lisa introduces me to the instructor. Not that he isn't a pleasant fellow, but I like a class experience where they don't know you're "press," 'cause then you can skip the nodding and smiling routine as they go through their "This class is so great" spiel.

Now that I'm settled in the back



# Urban Rebounding

By Megan McMorris

row, though, I'm eager to discover what all the fuss is about. I can't help but think it will be similar to a jump-roping class, where I'm forced to just jump up and down for 45 minutes because I haven't gotten the hang of anything else. And when you're on a mini-trampoline, what else can you do but jump up and down?

#### Let the Jumping Begin!

After a (somewhat) brief intro, Berns turns on the tunes and away we go. At the very least, the guy can sure pick the tuneage! Usually, when instructors choose songs from the '70s, they include the token, overplayed disco classics, but this guy has the goods: Songs like "Ring My Bell" and "Funky Town" start emanating from the stereo.

As we begin jumping, it becomes clear what the class is about. We jog, turn, twist, sprint, kick and box—the only time we simply jump up and

down (what he calls "gravity" jumps) is for a rest between the more-challenging moves. Although I catch on quickly, the great thing about trampolining is there's always room for improvement. And the class provides that elusive tough-yet-low-impact quality. We even add tuck jumps into the gravity jumps at the end of class, and that's when I really get into it, reliving my days as a teenage trampoliner. *Whee!*

And the class's popularity does qualify it as the next Spinning, with one exception: It's fun! That is, until the intense ab section, where we sit down and bounce with one leg off the floor (it might sound cinchy, but you try it, okay?).

I leave the class pleasantly tired, and surprised at my enthusiasm (i.e., "the whooping incident"). But when you're jumping on a mini-trampoline to the strains of "Ring My Bell," how can you not whoop? ■

For more information about Urban Rebounding or for a class schedule, call Crunch gym at (212) 620-7867.