

PAPER

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Annual Report

A GUIDE TO THE BEST OF OUR TWISTED TOWN N.Y.C.

STUDIO SPORTS



MARION LEE FINEMAN

BREAKDANCING

THE POINT CDC 940 Garrison Ave., the Bronx, (718) 542-4139; www.thepoint.org Classes were originally started by Crazy Legs, leader of the Rock Steady Crew, as a way to give back to the community. Now you can boogie to the boogity beat with the Full Circle Crew's Rocafella and KwickStep. Hunt's Point Community Center in the Bronx is the original, with B-boy and B-girl classes for all ages. Mon., 6:30-8:30 p.m.; Fri., 5:30-8 p.m. Under 16, free; over 16, \$8.

BOXING

CHURCH ST. BOXING GYM 25 Park Pl., (212) 571-1333; www.nyboxinggym.com The space in this gritty basement gym is spectacular, with two regulation-size rings and 26-foot ceilings. The five-week muay-Thai, boxing and kickboxing workshops are hard-core, taught by working pros. \$219/10 sessions.

CAPOEIRA

RÉVOLUTION STUDIOS, 104 W. 14th St., (212) 206-8785; www.adabacapoeira.com Female master Edna Lima teaches a strenuous class of the Brazilian dance-martial art to a group of good-looking, very devoted students. Classes end with a circle of sparring, singing and live music, but this ain't no rainbow gathering. Mon. & Wed., 6 p.m.; \$15/class; \$110/10 classes.

KRAV MAGA

COLUMBUS GYM 606 Columbus Ave.,

MOVEMENT

SAL ANTHONY'S MOVEMENT SALON 190 Third Ave., (212) 420-7242; www.movementsalon.com Choose from a world of activity and bodywork, from oxygenating Horvath Method Gyrotonics to traditional hand drumming, internal martial arts, and swing or African dance classes. Hatha yoga is offered every day, the cheapest Pilates mat classes are here, and \$50 hour massages are available for a post-workout rubdown. \$10/class.

SALSA

SAL ANTHONY'S MOVEMENT SALON 190 Third Ave., (212) 420-7242 Join any time to learn the basics in a group class—no partner needed. Ay caramba! \$10/class.

TRAPEZE

SOUNDANCE STUDIO 385 Broadway, (212) 941-6457 If urban rebounding is the next spinning, trapeze is the next yogilates. Combining low-flying trapezes with meditative dance technique, trapeze workshops promise improved confidence, upper-body strength and proper alignment. For info, call Julie Ludwick at (212) 304-3791. \$90/10-class workshop.

YOGA

BHAVA YOGA 638 E. 6th St., (646) 654-0506 Located in a former synagogue deep in the East Village, Bhava offers smaller classes in the "old-school Jivamukti style" (read: You will sweat) taught by teachers from Om and Jivamukti. Plans for a juice bar are in the works. Let's hope it remains a model-free zone. \$13/class, \$90/10 classes.

WINTER RUNDOWN

BLADES BOARD & SKATE 659 Broadway, (212) 477-7350; 68 Charlton St., (212) 807-6011; West Side Highway & 23rd St., (212) 336-6299; 120 W. 72nd St., (212) 787-3911; 160 E. 86th St., (212) 996-1644; 1414 Second Ave., (212) 249-3178; Staten Island

Mall, (718) 477-1699 Blades is a one-stopper for board and in-line sports. During the winter season, rise early and catch their bus trip to Hunter Mountain every Thursday, Friday and Sunday for \$55. Also sell old snowboard hard goods here or swap them for store credit. Snowboard rentals available

HUNTER MOUNTAIN Hunter, NY (800) FOR-SNOW; www.huntermtn.com The most vertical drop you'll find in a day trip from Manhattan, Hunter is still the local mountain of choice. Making snow every chance they get, it's grown to become the East Coast's best little mountain outside of Vermont. Bus trip available from most New York board shops. \$37, midweek; \$44, weekends and holidays; student discounts available with ID; 53 trails; 14 lifts; approx. 2 hrs. from NYC.

SKI WINDHAM Windham, NY (800) SAY-4SNO; www.skiwindham.com A perfect place for beginners who want to avoid the fast pace of Hunter. Still packed on weekends but ideal for a family getaway or midweek day trip. The snowboard park keeps improving and is open for night riding. Amtrak and bus service available. \$33, midweek; \$42, weekends; 34 trails; 7 lifts; approx. 2 1/4 hours from NYC.

SKATEBOARD AND BMX BOMB SPOTS

GREENPOINT, LONG ISLAND, SKATE PARK This 24-hour free outdoor park is 2,500 square feet of skateboard nirvana. Designed by the godfathers of skating, Andy Kessler and Tim Payne (one of the world's best ramp builders), the concrete street course and steel ramps will keep you ecstatic 'til the early morn. (To get there, drive to the end of the Long Island Expressway; continue past four 7-Elevens; the park is opposite the fourth.)

MULLALY SKATE PARK 164th St. & Jerome Ave., the Bronx, (718) 822-4382 Luis Perez continually updates obstacles and ramps to keep it spicy for the BMX riders. Rollerbladers abound, while skateboarders fly off the ground, fighting to keep it real in the Boogie Down.

108TH ST. RIVERSIDE SKATEPARK The best skate park in Manhattan, run by Andy Kessler. Jump off the 1/9 train at 110th Street and ride the 40-foot-wide mini with extensions and spine, plus a pyramid, 4-foot-high ledge and half-pipe with wall ride. For \$3, you can skate, blade or bike until the sun goes down. ★