

# Legs wide open

By MANDY STADTMILLER

IMAGINE all the comforts of the womb combined with the complicated choreography of "So You Think You Can Dance."

Add to that a few yoga positions more dazzling than the Kama Sutra, the childhood glee of a YMCA tumbling class and the ability to spin upside down like an astronaut, all using a hammock as a soft trapeze that can support up to 1,000 pounds.

It's "Wings" anti-gravity yoga, and it's as awesome as it sounds.

As a guinea pig, I took a 45-minute class taught by Crunch gyms' national yoga director, Jess Gronholm. To relate the full experience, I feel it is important to tell you a little bit about him.

He is crazy hot.

Even when you are swinging upside down.

"As we get older, we don't do back handsprings and back flips" explains

the dreamy Gronholm, 38, who is part of a team of six instructors who teach the specialized classes. "[Anti-gravity yoga] gives people an excuse to be playful again and reconnect with their past in a way that supports the body."

This Saturday, Crunch is offering a free "Wings" workshop to the public at its 59th Street gym at Second Avenue. Classes are 45 minutes long and held at noon, 1 and 2 p.m.

"I've never seen people progress so quickly," the radiant Gronholm says. "Even the most uncoordinated, spastic, never-done-fitness people — for the first time in their lives, they feel like they're coordinated."

I've never heard someone describe me so precisely.

"Seriously," he says, "I think a lot of this class is [about] overcoming your sense of vulnerability and fear of being looked at and laughed at with your legs



**Instructor McSteamy Jess Gronholm struts his stretch.**

N.Y. Post-Victoria Hill (3)

wide open."

The only warning I would give to those even more spastic than I am is that, if you put the hammock in the wrong place (a little too high or low), it feels kind of messed up. But just ask Gronholm to spot you!

Perhaps the best part is that if you despise the dreaded push-up "plank" position, doing it with your legs swinging in a trapeze makes it almost fun somehow — you kind of feel



**Anti-gravity yoga gives you wings!**

like a superhero.

"It's almost as if they're doing choreography," the luscious Gronholm offers. "I think what it boils down to is people find it entertaining."

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