

## The cast of Traces

The acrobats describe their moves and we suggest classes to work on those body parts. *By Tim Lowery and Celia Shatzman*



### Categories

Alternative sports, Circus/Magic, Cross-training, Cycling, Sports & rec, Strength training, Swimming, Theater, Yoga/Pilates

### Keywords

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### Good For

Energetic & active, Notable talent

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### Florian Zumkehr, 23

"My solo piece is hand balancing. At the end, I stack three chairs and do a handstand with one arm on top of them. Beforehand, I do splits and stretch my shoulders a lot, because that's really important for the move."

### Try these classes

#### Athlete's camp

This new total body series works hard-to-hit spots and even teaches you to master handstands. Boulderling on the rock wall, medicine-ball distance throws, pulling a sled and upper-body exercises on cargo nets are just a few of the things you'll try over eight sessions. There's plenty of personal attention, too—each group is limited to six people. [Chelsea Piers](#), Pier 60, 23rd St at the Hudson River (212-396-6000, [chelseapiers.com/sc](#)). Next cycle begins Tue 3; Tue, Thu 6:30am. Members \$400, nonmembers \$500. Monthly membership \$107–\$180.

#### Prema Vinyasa

At this 90-minute vinyasa flow class, the instructor uses props to demonstrate how engaging certain muscles can activate your core and increase balance and stability. You'll put this into practice with arm balances, handstands and forearm stands without straining your wrists. [Pure Yoga West](#), 204 W 77th St between Broadway and Amsterdam Ave (212-877-2025, [pureyoga.com](#)). Wed at 7:15pm. • [Pure Yoga East](#), 203 E 86th St between Second and Third Aves (212-360-1888). Sun at 11:15am. • Members only, monthly membership \$145–\$160.

