


 DailyCandy Summer Trippin': where to go and what to do from coast to coast



July 7, 2008  
**Throwing a Fitness**  
*2008 Health and Wellness Guide*

Friends who've run away with the circus (sound like a good idea by now?) recommend Heather Hammond's beginner [aerial silks classes](#) in Brooklyn to give you great abs and a new perspective.

And have you walking on air.

 Sign up for your **FREE** daily New York e-mail about the latest in fashion, food & fun.

E-mail address:

▶ SEE OUR OTHER EDITIONS

**SUBSCRIBE**

[Terms & Conditions](#) | [Privacy Policy](#)

 E-MAIL  SAVE  PRINT  SHARE  MAP

More In...

-  **FASHION**  
[Best Western Motel's Summer Fashion Collection](#)
-  **BEAUTY & FITNESS**  
[In Treatment](#)  
[MySpa2Go Mobile Service](#)
-  **LIFESTYLE**  
[The Weekend Guide](#)  
[What to Do This Weekend](#)
-  **HOUSE & HOME**  
[The Weekend Guide](#)  
[What to Do This Weekend](#)