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## high-flying fitness fix

Carrie did it on *Sex and the City*. You can even do it at some Club Med resorts. It's part of Crunch gyms' "Circus Sports" class. And now, trapeze schools are sprouting up around the country. Not only is taking a swing an adrenaline rush, but it's a great upper-body workout. While it shouldn't be your sole form of exercise, it does make a nice addition to a well-rounded regimen. Visit the Trapeze School New York at [trapezeschool.com](http://trapezeschool.com) for information and links to other schools.

— John Rosenthal

