



THE TWISTED SISTER

Whether a ballet flunkee or a spin-class dropout, here's one fitness ritual that will leave your bod begging for a repeat performance. The Gyrotonic Expansion System, a craze among dancers, celebs like Madonna, Gwyneth Paltrow and Teri Hatcher, as well as pro sports players, uses movements found in swimming, yoga, gymnastics and tai chi. Performed on a machine with a pulley tower, weighted plates and rotating disks, the contraption looks part medieval torture apparatus and part contemporary sculpture. Get your flex fix with instructor Patti Granoff, who has worked with some of NYC's brightest stars (although she won't drop names). Granoff brings the next big thing in fitness to Uptown, at her Spiral Fitness studio. Born from ballet, and created by Romanian dancer Juliu Horvath after he suffered an injury, the Gyrotonic exercise system is comprised of 150 challenging exercises that improve flexibility, balance and muscle strength. \$75 an hour. *Spiral Fitness, 2106 Boll St., 214.922.0475 or spiralfitness.com. –Stacy Girard*