

Get legs like Natalie Portman's

By Melissa Malamut



Categories

Cross-training, Sports & rec ,
Yoga/Pilates

Good For

Burning off energy, Going
solo



Beginner Ballet at the [Ailey Extension](#)

405 W 55th St at Ninth Ave (212-405-9500,
[aileyextension.com](#)). Single class \$17, 20-class card \$285.

Length: 90 minutes

Type of activity: dance

The workout: Led by the famed Finis Jhung (he also trains dancers in *Billy Elliot* on Broadway), this coed course focuses on proper technique, posture and balance. Pliés (knee bends with feet turned out) and calf raises at the barre

are meant to toughen your gams for more advanced ballet work or, if you're a nondancer, to give you muscle tone and core strength. You're likely to notice a few advanced folks around—and that's a good thing. Not only are their bodies inspiring, it's helpful to be able to watch and imitate instead of trying to remember the difference between second and fifth positions yourself. **Tip:** Arrive at least ten minutes early; limited space on the barre means latecomers sometimes get turned away.