

Entertainment

Four more years for Letterman

p/17



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Body & Soul

No more drama

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Real-life 'Melrose Place'

This spring, I was with a group of friends at the local cinema and draft house, and I met a handsome man who happens to be my neighbor. He is easy to talk with, fun and interesting, and he's a hottie. He has been upfront with me, saying that he has no desire for marriage and that he likes to date, so he doesn't date any one woman exclusively. OK, he's very honest. I respect that, but I'm still very attracted to him. He has mentioned a few times that living in the same neighborhood could be "problematic." Jokingly, I responded, "A handsome man coming over to make me dinner. What's the problem with that?" But seriously, he's concerned about the close proximity of our townhouses. We own our own townhouses that share a common courtyard, so is this proximity a problem? — Maria

While living the real-life version of "Melrose Place" may present amenities not found in most luxury townhouses such as quick accessibility to a "hottie" and eye candy in your courtyard, the likelihood for awkward circumstances exists. Nonetheless, proximity may not be as much of an issue as your attraction to someone who clearly indicates he isn't looking for a devoted relationship. You must decide: Continue as is with this sensitive situation, which has already been identified as potentially "problematic," or forego convenience and stick with your values and ideals.

Have you truly accepted his honest stance on dating others, or are you secretly hoping things change? If the latter is the case, conflict may prevail; if the former, then are you comfortable being "very attracted to him" and seeing him in the courtyard with other women?

As a way to help clarify and reach a resolution, do the following: Weigh the qualities you desire in a potential boyfriend (beyond those that exist in the hottie) against the importance of having them in your life now and your willingness to compromise them. Ultimately, you must reconcile your long-term needs with your desire for immediate satisfaction in the face of this seemingly convenient yet awkward setup.

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Moving in 3-D

Gyrotonic exercise gets you in full range of motion

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PROFILE. Let's face it: Going to the gym can get boring fast. Aside from feeling like a lab rat (running on a treadmill, cycling to hits from the '80s, the repetition), there is the intimidation factor: all of those already chiseled bodies milling around, the grunting and those big, complicated machines. That could explain why many opt for the privacy of aerobic DVDs or the near solitude of yoga or just skip the whole idea of exercise altogether.

While there have been several unique alternatives to mass-market gym culture, few have avoided popularity death from faddishness. But, unlike tae bo or step classes, the patented Gyrotonic Expansion System has had a slow rise into public consciousness, due most to a strict certification process that only allows handpicked trainers to teach the technique of its creator.

CREATED IN the late '80s by former Eastern European professional dancer Juliu Horvath after he sustained a career-ending injury, the unique exercise technique has its roots in his yoga-based Gyrokinesis and combines all the benefits of dance, yoga, gymnastics, tai chi and swimming to gently work the joints and

Kinespirit
40 E. 23rd St., Third Floor
212-228-5787
www.kinespirit.com

East Village Movements
247 E. 10th St., 212-375-0430

Gyrotonic New York at Studio Riverside
214 W. 85th St., Lower Level
212-787-9300
www.studio-riverside.com

muscles while strengthen the entire body. "It is a system that is applicable to a lot of people no matter what kind of traumas they have in their bodies," says master trainer Vincent Macagnone of East Village Movements. "The system is rehabilitative and prohibitive. If you are trying to heal from an injury or want to prevent yourself from getting injured, it's a complete system for that. It's not a choreographic mess. The exercises are very simple, though not passive, and they get into how the body is supposed to work while being very soothing on the body."

LIKE PILATES, Gyrotonic employs breathing techniques and specially made equipment to strengthen and elongate core muscles, while working on flexibility and coordination. But Jennifer McCasland Daly, a Gyrotonic master trainer at the newly opened Kinespirit studio on E. 23rd Street,



The Gyrotonic Cobra pulley tower at Kinespirit works the entire body. This exercise stretches the hamstrings, strengthens the upper body and increases the flexibility and strength of the spine.

points to a key difference: "Pilates is like running, and Gyrotonic is like swimming. Pilates is two-dimensional and linear, and Gyrotonic is three-dimensional. You get to work the body in all of its possibilities, in all of its range."

There are more than 130 exercises within Gyrotonic, which cuts back on repetition. And with equipment and techniques that are versatile, the exercise system is adjustable to suit the needs of everyone from children to the elderly.



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