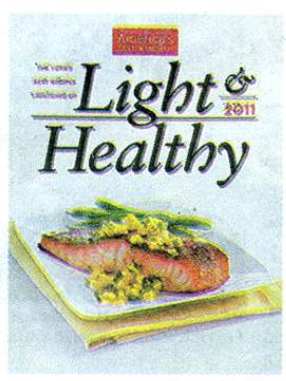


the **edge**

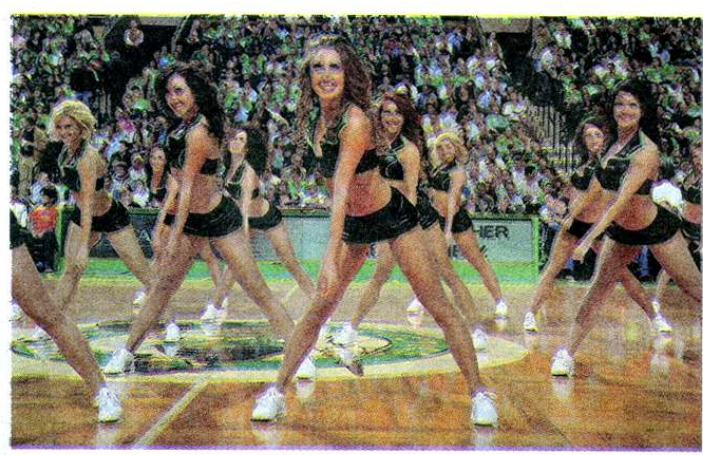
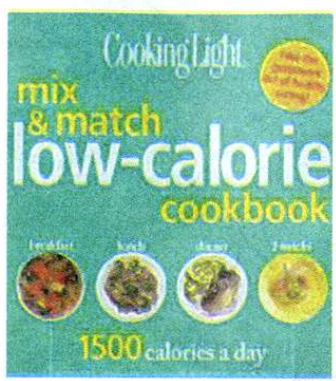
GET BACK ON TRACK WITH FITNESS GEAR, CLASSES

# Healthy New Year!



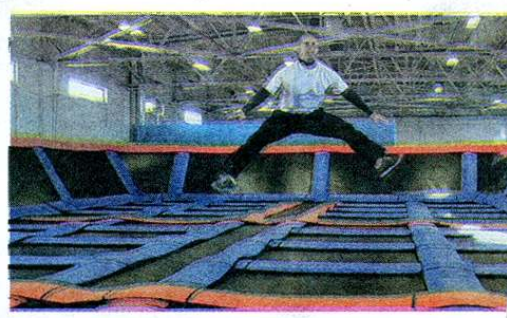
▲ **"Light & Healthy 2011: The Year's Best Recipes Lightened Up"**  
\$35 (America's Test Kitchen), at bookstores  
Recipes include the "makeover spotlight," showing the caloric changes from the original to the healthier revamp.

▼ **"Cooking Light Mix & Match Low-Calorie Cookbook"**  
\$24.95 (Oxmoor House), at bookstores  
Yummy, low-calorie-friendly dishes include seared scallops with warm Tuscan beans and smothered steak burgers.



▲ **Dance at Boston Sports Clubs**  
FREE, mysportsclubs.com  
Just show up and get ready to sweat. Members of the Boston Celtics dance team will teach participants hip-shaking moves in this 50-minute class. Offered on the following days at these BSC branches:  
■ Downtown Crossing, **Jan. 26**, 7 p.m.  
■ Fenway, **Feb. 21**, 5:30 p.m.  
■ Lexington, **March 7**, 7:30 p.m.  
■ Government Center, **March 30**, 7:30 p.m.  
■ Boylston, **April 6**, 5:30 p.m.

▼ **Sky Zone Boston**  
\$8 per class, \$40 per month, \$65 for 10-class card, boston.skyzonesports.com  
Get fit the fun way at this new indoor trampoline park in Hyde Park. Get your pulse pumping with SkyRobics or 3-D Dodgeball.



Don't forget Fido! ▼  
FREE at Bark Place, 1721 Washington St.; 857-362-7494; barkplacesouthend.com  
Learn how to keep your four-legged friend happy and healthy during Healthy Hounds informational seminars:  
■ **Jan. 8**, noon-2 p.m.: Organic Beauty  
■ **Jan. 15**, noon-2 p.m.: Holistic Diet  
■ **Jan. 22**, noon-2 p.m.: K9 Fitness & Training  
■ **Jan. 29**, noon-2 p.m.: Dog Massage Therapy



▲ **"The Biggest Loser: Ultimate Workout"** for Microsoft Xbox 360 with Kinect \$49.99, GameStop and gamestop.com  
Get moving in the comfort of your own home. Bob Harper and Jillian Michaels, the tough trainers from the hit show, will have your heart rate pumping with this interactive tool.