On Your Mark
Time Out Chicago
June 30, 2011

Class action Rope Burn

The class Rope Burn at On Your Mark *(1753 N Damen Ave, 773-292-9330, oymtraining.com)*

The details I'd heard that ten minutes of jump roping is equivalent to 30 minutes of running, but having taken a two-decade-long break from the childhood sport, I don't know what to expect of this 45-minute class. That is, I don't know what to expect other than lots of tripping, which, inevitably, there is. That said, by the end of the first of five 30-second jumping sets, I'm not only breathless, I'm getting my groove back. I take cues from my more experienced classmates who experiment with hopping on one foot or double-timing it, and channel my competitive side when instructor Mark Beier tells us to pick up our pace every time we hit the 15-second mark. While we catch our breath after each of the five jump-roping sets, we segue into an interval of core work and strength training, repeating variations on squats and planks with the assistance of a pulleylike apparatus. Thank God for the one-minute rests between intervals; they're just long enough for me to refocus so I won't fall flat on my face when my legs start to give out. By the end of class, I'm spent, drenched and energized. For the next 48 hours, I'm reminded of my hard work every time I feel the burn in my backside and abs.

When to take it Wed 5:30–6:15pm, Fri 10:30–11:15am. Rates start at $25 per class and $190 for a ten-pack. Advance registration required.—*Jessica Herman*