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FEEL BETTER 2010

You ate too much. We have the solution. Here and online, we've reviewed 100 yoga and fitness classes and profiled the city's best personal trainers. Go forth and get back in shape.

Fitness 2010

FITNESS CLASSES

DANCE

BEGINNER WEST AFRICAN DANCE *Ailey Extension* (405 W 55th St at Ninth Ave; 212-405-9500, aileyextension.com). First class \$17, package deals available. **The experience:** Alvin Ailey touts its Extension program as "Real Classes for Real People," and while this one is accessible (and exhilarating!) for the nonpro, those with absolutely no rhythm need not apply. Your coordination *will* be challenged: The fast-paced, stompinglike steps keep time with the live drummers' driving rhythms; arms and heads swing and bob their way into the act. Most moves are easy to follow (or fake), just make sure to go in the right direction during the passes with turns and high bent-leg kicks. **How fit you need to be:** Occasional exerciser.—AR