

I went to a thing called Skyrobics tonight. It happens at Sky Zone, which is a place made of trampolines where you bounce around and they have this exercise class once a week. It costs \$10 + \$2 for the socks. But the first class is half off.

At 6:40 Dina and I arrive. We're sent to the waiver station where we sign waivers without reading them.

6:42 The lady at the desk asks if it's our first time doing Skyrobics. We say yes and she makes a face. I say "oh no! Will it be crazy?!" and she says, "No, but it's really fun." I don't believe her. She gives us socks in our respective sizes and sends us to go sit on a bunch of benches with some other women who also appear to be waiting for Skyrobics.

6:44 We fumble with the locker situation. It requires two quarters. I find them amongst a bunch of loose cheerios in the bottom of my purse. We lock our objects up. I've locked my water bottle in there, but have neglected to lock my glasses in there. The locker quarters aren't reusable. A fit looking woman tells us there will be a place to put my glasses. She has an accent and is maybe British, or Brazilian from her skin tone.

6:50 There is a constantly repeating video called "Flight School." It tells you the rules of the trampolines. The rules are seemingly arbitrary. No double flips. No back flips into the foam, but back flips not into the foam are fine. No double bounces, meaning more than one person in the same trampoline square at the same time. They have people on the video demonstrated all of the things you aren't allowed to do. They all look incredibly fun.

6:56 A birthday party arrives. A teenager who is terrible at public speaking and using a microphone tries to tell the children the rules. No one can hear him. Everyone who works at Sky Zone is a teenager or slightly older.

6:59 Our teacher comes and asks if we're there for Skyrobics. We say yes. She says to come with her. Another man who works there wishes us luck.

7:00 The fit woman was right, there was a place to put my glasses. The class begins. It's me, Dina, a blonde 19 year old and her mother, the fit woman, and our 20 year old teacher. The teacher tells us she is subbing. She tells us it's going to be a little different than the normal Wednesday classes. She asks who normally comes on Wednesdays. We all say it's our first time other than the fit woman, who has a braid down her back like Katniss Everdeen. The 20 year old teacher tells us she's been away for 3 months. She asks us if we're ready to start and tells us to spread out. We do a variety of jumps. At some point we start doing jumping jacks and Dina and I make eye contact because we discuss on the way up how that might be a possibility.

7:05 We've been bouncing for 5 minutes. I'm already exhausted. Two more 20 year olds show up. They appear to know the teacher. Dina and I are laughing hysterically. It's exciting and extremely hard. My legs are like Jello.

7:10 My lungs are on fire. I might die. The teacher is also tired. She tells us to sit down and stretch. We start stretching. I want to go home.

7:15 The stretching part is over. The teacher seems confused. She doesn't know what to do. She tells us we're going to run laps. She demonstrates some kind of special trampoline run (I can't remember the name of it). She's like "you know, like in ballet or gymnastics." I have no idea what she means. She also demonstrates regular running. She looks insane because of how high her knees go. Dina laughs hysterically and we all look around. We start doing laps. I'm behind the mom, which is a relief because it makes it look like my slow pace is out of kindness to her. Katniss has barely broken a sweat.

7:20 The teacher asks Katniss what we should do next, what the other teacher does. Katniss says "suicides" so we do suicides across the trampolines. At the end we're supposed to jump up and hit the highest border of the wall. I try it once and almost fall so I don't try again.

7:22 One of the 20 year olds falls down. The teacher doesn't notice because it turns out she's yakking with the other 20 year old. The mom falls down, too. The teacher doesn't notice.

7:23 The teacher tells us to take a water break. My water's locked in the locker. The teacher tells us we can go get water "behind the square." We have no idea what she means. My legs are barely working. I have trouble getting up the 3 stairs to get back to the jumping area.

7:26 We get back and everyone has moved to the foam pit. There are three women in there struggling to cross it. No one can do it. It looks extremely hard. They all look upset. The blonde woman seems to be drowning in it. The woman in my lane is having trouble getting out. Another teenager who works there comes over to watch. He seems concerned. The teacher keeps telling us we are doing great jobs. I jump in the foam pit. It's filthy and the foam blocks look all chewed up like an untrained pit bull got to them. I get across the pit fine, but getting back proves more difficult and it feels like I'm getting punched by foam squares. I also have trouble getting out. The other teenager tells our teacher we shouldn't be there and that his boss is watching.

7:30 We go back to our regular area. She asks us how many intervals we want. We all stare at her blankly. She asks if we want 6 or 12. Dina asks, "what are we doing?" The teacher explains all of the intervals to us. There are 7 of them. The hardest one is plank jumps where you get into a plank position and jump. It's insane. We also have to pass a ball behind our heads as we jump. She suggests we put our hair into a bun so we don't pull it. It doesn't help. I pull my hair by accident. I get a cramp and

the teacher asks if I'm okay. I say yes. Other intervals include frog jumps (where you have to jump up onto the trampoline wall and jump down), side to sides, passing the ball under one's legs, squeezing a foam block in between your legs, jumping with a foam block in between your legs, and jumping to a seat and then jumping to standing. We are all looking around at each other and laughing, except Katniss who looks unchanged except for a fine sheen all over her body. I pee myself a little, or maybe it's sweat. I can't tell any more.

7:37 We do sit ups. She says 30 of them. I have forgotten how to count. MY ears are popping like I'm on an airplane or like I have a sinus infection.

7:38 We do a weird thing with our shoulders. We're supposed to do 50 of them, but as I said I can't count. I wonder if I live at Sky Zone now. Have I always lived here? The Daft Punk song "One More Time" comes on and I remember the first Yule Ball when Dan DJed on the fly for us and played that song and being so happy. I didn't live at Sky Zone, then, I remember.

7:42 We do "self destructs" where we have to do jumping jacks, V ups, and a push up. I maybe peed some more on myself or maybe my reproductive system is leaking out through my vagina. I might die at Sky Zone. We have to keep going until we can't go any more. Katniss is going strong. The mom has wandered off to the side because her back hurts. Everyone else is kind of wandering around. Dina is lying down on her trampoline.

7:48 The teacher suggests we do suicides again, but this time we do two in a row. When we're done the suicides she says we can do side planks or squats. I might throw up. Katniss is doing side planks as people bounce around her. The only thing that's changed is her braid has somehow transformed into a beautiful bun that looks better than an updo that would take me 45 minutes.

7:51 I cannot finish my suicides and the blonde gets to take a turn.

7:54 The teacher says we're going to do up and downs. Katniss says, "these are really hard" which means I'm totally fucked. I can do one before I give up.

7:56 We start stretching. The teacher neglects to tell us to switch sides.

7:59 She tells us we can keep jumping for one more minute. We do, for some reason. Our new lives are jumping. All we do is jump.

8:00 Class is over. I almost forget my glasses. Katniss tells us to come back next week, that the regular guy, Justin, will kick our ass twice as hard.

Afterwards we went to the state fair and went on a scary mansion ride. I can't wait to go back. It was the most amazing time of my life.