

MOPSY

SERENDIPITOUS SHOPPING: OUR
UNFETTERED CORRESPONDENT SEEKS
OUT THE SALUBRIOUS AND THE CEREBRAL.

BY MOPSY STRANGE KENNEDY

JUMPING FOR JOY WITH JESS

Certified Personal Trainer Jess Perkins of Shape Up, just outside Inman Square, will stretch and strengthen you. Call 617-497-1103. She also offers Buff Bride, a prewedding shape-up program.

Full of pepper and salt, and radiating her own healthy strength, Jess Perkins offers personal training in her big house, dedicated to exercise. "Fire up the glutes!" she calls out zippily to a client working on the floor with a ball. With goals of improving cardio, strength and flexibility, Jess helps "move people past obstacles." Her equipment, which she lithely and energetically demonstrates, includes a giant black beast on which you slide up and down, prone, working the shoulders, while bearing between 60 and 90 percent of your body weight. Perkins' clients include, among others, to a 70-year-old female surfer. A lot of her workout is dedicated to stabilizing and strengthening your "core"—the abs and back. She uses a boxer's heavy bag, some simple-looking balls (using them isn't so simple), a wobbly balancer called a Bosu (which demands canny strength and movement) and slick, lollipop-red mats you slide across to work on balance—also good for helping to heal a



dance or skating injury. She's also got the more traditional jump ropes and trampolines. Men and women (including brides-to-be looking for glistening wedding day fitness), individuals in training, or those simply pushing toward a more ambitious, stronger workout come here. "She's great," says a strength-working client through her gritted teeth.