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## Sway, Shop, Fix It, and See Local Saguaros

**By Susan Stiger***Of the Journal*

"What would it be like?" is one way to start a business. Or not.

When about a dozen women mused about opening a movement studio—the pros, the cons—they decided to pass. Then one of them freaked when she'd reserved a studio for a class and found it had been double-booked. The women reconsidered. They found a great place. They fixed it up—putting in a birch plywood floor over polystyrene foam.

One thing after another fell into place, and it's just not wise to try to stop a snowball once it's barreling downhill carving a path for your calling.

If you like graceful exercise—dance-like but still aerobic and, best of all, in bare feet—the women had you in mind when they opened Studio Sway at 105 Jefferson NE, just north of Central between Washington and San Mateo.

Nobody actually owns the business, says Beth O'Neill, but her name is on the lease. For now, the focus is on Nia—nonimpact aerobics that combine dance with martial and healing arts. The teachers are Ana Edwards, Elizabeth Johnson, Erin Damour, Judy Cates, Margo Morado and Maureen Small, as well as O'Neill. Other options are klezmer dance with Michele Diel; Mindful Movement with Judy Green and Tribal Fusion Bellydance with Megan Martyn. A barefoot boogie class is coming, too. As the operation expands, you might find Pilates, yoga, Feldenkrais and more. Movement teachers are welcome; experienced ones will mentor new ones, O'Neill says.

The studio is open only during classes, which so far, are happening mostly in the evenings and mornings with one on Saturday and an occasional Sunday special. The schedule will change as more teachers and students come on board. Go to [www.studiosway.com](http://www.studiosway.com) to see what's going on. O'Neill says the classes are designed for "any body," regardless of size, shape or activity level.

If you're not a gym rat, runner, bicycler or sport, the snowball may be coming your way. Improved health is the goal, although participants can achieve weight loss as well. For more information, call O'Neill at 244-9157. Numbers for individual teachers are listed on the Web site.

**MARKETPLACE N.M. TO OPEN:** For bargain hunters, this may just be the equivalent of shooting fish in a barrel. The former Kmart at Lomas and Louisiana is scheduled to reopen by Thanksgiving as Marketplace New Mexico—108,000 square feet of everything from makeup to car wax to local art to fudge to footballs to sweaters to wrenches to dutch ovens to mp3 players, and more, more, more. For less, less, less.

L.A. transplants Edward Chernow and Don Wilden own the space, which will