

The result is an hour-plus session, comprising two increasingly intensive 20-minute waves of aerobics and shorter segments incorporating weight and mat training exercises. By comparison with traditional aerobics, this workout is medium-intensity stuff, but that's where comparisons stop.

"It's somewhere between the traditional aerobic workout, in that you've got the repetitious moves, and a dance workout, where there's a little bit of sequential memory involved," Jasper explains. "Traditional aerobics classes are already somewhat retro, so instead of revisiting the past we're reinventing it more in our own style."

This style is to segue from Bow Wow Wow's "I Want Candy" to the Ramones' "Beat on the Brat" to Blondie's "Heart Of Glass." By integrating more popular punk-influenced offerings with classics of the genre, the two hope to make the class more inviting.

Watching them incorporate their innovative choreography - such as the Pete Townshend, a whirling arm move copped from the Who guitarist's legendary power-chording technique, or bypassing actual weights in lieu of more punk-inspired bricks for weight training - it is readily apparent that this is not your mom's aerobics class.

"We're not looking for punk devotees - we're looking for fun devotees," Jasper says with a grin. "The perfect audience would be people who don't exercise, who are intimidated by gyms, and want to have fun."

Adds Mancini, "We really like to exercise - it feels good and you sleep better and you have less anxiety. But at the same time, who wants to go to a gym and deal with all these people who look like Jennifer Aniston?"

She remembers her first time attending a health club, not to mention the experience of being a punk rocker in a local health club while doing her research. "They wear their perfect workout clothes; I went to one and I wanted to cry, 'I'm not wearing the right outfit! I feel like a freak!'"

Lest anyone fear a similar feeling at Punk Rock Aerobics, Jasper is quick to put you at ease. "Hilken has a background in dance; I've never exercised in my life," she says without hesitation. "If anyone ever feels weird, they can just look at me. I'm gonna make a mistake right off the bat. I'm always a little behind the beat - but I am that person who people are afraid they will be in the class."

Beginning Aug. 2, Punk Rock Aerobics will be held at the following places and times:

The Middle East downstairs (472-480 Mass. Ave., Cambridge), Thursdays and Saturdays at 2 p.m.

Spontaneous Celebrations (45 Danforth St., Jamaica Plain), Thursdays at 6 p.m.

Center Of Light (663 Centre St., Jamaica Plain), Saturdays at 5 p.m.

Classes are \$7 each.