



Fish & Bone owner Kathy Palmer stocks a bevy of critter comforts.

## Pet Project

Newbury Street newcomer Fish & Bone caters to four-legged customers.

Kathy Palmer wants to make your pet happy. Her just-opened Newbury Street boutique, an urban playground for dogs and cats, is an extension of her 10-year-old shop in Portland, Maine. Think Apple store for animals—Fish & Bone features clean lines and a soothing vibe, despite its dizzying array of accessories, toys, and organic foods. “It’s a big commitment,” says Palmer of the vast selection, “but we want to have something for everyone.” And she insists that all merchandise be not only stylish, but also functional. Except, that is, for the keepsakes from the in-store photo booth, where owners pose for shots with their furry sidekicks. Those are just for fun. 217 NEWBURY ST., BOSTON, 857-753-4176, THEFISHANDBONE.COM. —SHANNON FISCHER

**WORTHWHILE SPLURGE** Beaded faux-mink Scarlett DreamCoat, \$159.



### OWNER'S CHOICE

Simply Fido bamboo rope toy, \$18.



### PERFECT GIFT

Engraved silver tags by Becca Straus, \$60–85.



### EDITOR'S PICK

Fleece-lined cat pod, \$105.

## TESTING

## Aerial Arts

Giving circus-inspired fitness a spin.

Credit Cirque du Soleil or *The Donkey Show*'s hung-from-the-ceiling numbers, but aerial fitness suddenly seems to be all around us (literally). Curious, I head to Jill Maio's Somerville studio, AirCRAFT Aerial Arts, for 75 minutes of silk, trapeze, and hoop work. After stretching, we sidle up to fabric suspended from the ceiling. I wrap the material around my feet for leverage, flexing arm muscles I didn't know existed. I almost get the hang of tying a knot with my feet, and then turn upside down into a knee hook. It feels pretty (and pretty badass). But once the blood starts rushing to my head, I'm ready to get my feet back on the ground. The classes are a workout for the core, with challenging elements of grace and vertical orientation. I'm elated to have an alternative to my boring gym routine—even if I can barely lift my arms to eat breakfast the next day. \$165 FOR SEVEN SESSIONS; 14 TYLER ST., SOMERVILLE, AIRCRAFTAERIALARTS.COM. —ANNE VICKMAN

PHOTOGRAPHS BY TODD DIONNE