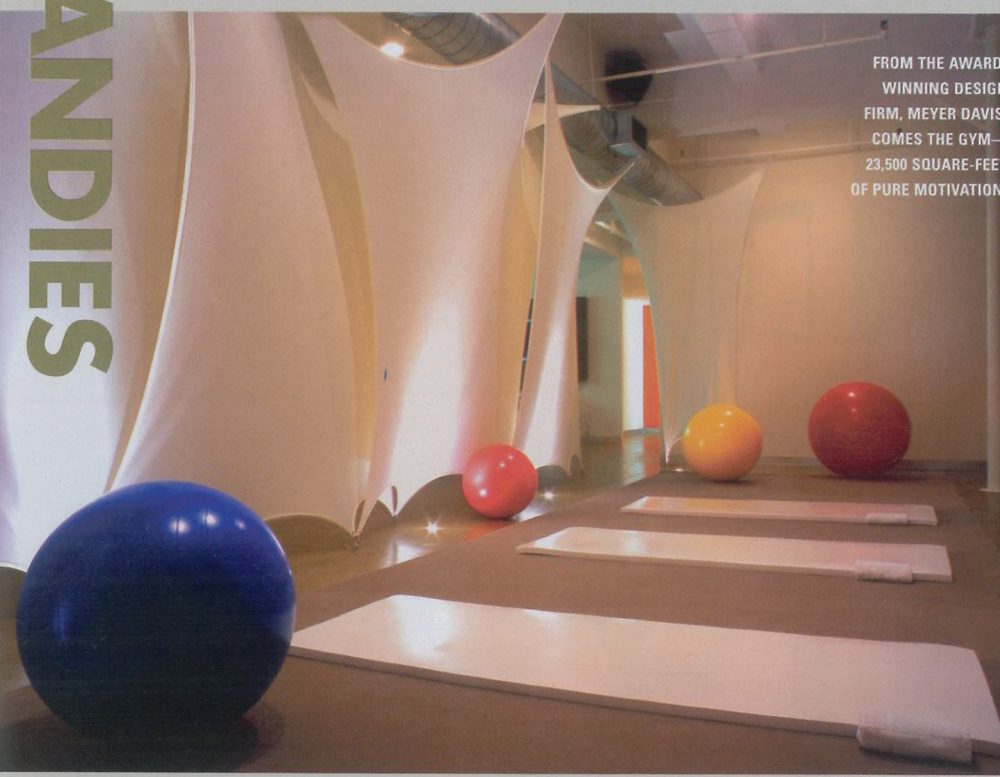


GYM DANDIES

(Continued from page 35) offered, as are hands-on treatments and *en suite* calls. Inflatable balls, great for travelers, can be purchased, as well as Yamuna's bath salts. **Yamuna**, 132 Perry St., 633-2143, \$20/group class, **Body Rolling with Yamuna**, \$100. First session of **Body Logic**, \$300 with Yamuna, \$200/with staff. Call for other class fees

8 PULLING NO PUNCHES. You don't have to be Sly Stallone's Rocky to get into the boxing ring. Just ask the folks at

classes. Blending the disciplines of core conditioning, Pilates, yoga, ballet, and stretching, **CoreFusion®** is both relaxing and challenging. The sleek physiques of the gym's devotees are a testament to the benefits of this unique workout. The menu of services include acupuncture, cupping, vibrational therapy, massage services, and a retail area featuring yoga apparel and Exhale's exclusive skin care products. **Exhale**, 150 Central Park So., 561-7400, and one other NYC location; \$20/yoga class, \$30/CoreFusion® class



FROM THE AWARD-WINNING DESIGN FIRM, MEYER DAVIS, COMES THE GYM—23,500 SQUARE-FEET OF PURE MOTIVATION.

AT CLAY, ONE'S PURSUIT OF HEALTH THROUGH THE INTEGRATION OF PHYSICAL TRAINING, MINDFUL EXERCISE, AND NUTRITIONAL GUIDANCE IS THE FOUNDATION ON WHICH THE GYM IS BUILT.

TOP HOTELS PROVIDE WELL-EQUIPPED HEALTH CLUBS FOR THEIR GUESTS, BUT THE OUT-OF-TOWNER ACTUALLY HAS A RANGE OF FITNESS OPTIONS. FOR THOSE WHO WANT TO MIX EXERCISE WITH EXPLORATION OF THE CITY, SEVERAL PRIVATE GYMS AND STUDIOS AROUND TOWN ARE DELIGHTED TO MAKE YOU A MEMBER FOR A DAY. HERE, 10 VENUES IN WHICH TO PUMP UP—AND FEEL PAMPERED IN THE PROCESS. **BY CINDY AUGUSTINE**

GYM DANDIES

1 ANTI-SWEAT SHOP. With its minimalist architecture and earth-tone décor, workout facility Clay is soothing and Zen-like. In addition to cardio machines and state-of-the-art equipment, classes range from cardio-sculpting to BarreLates (a combo of Pilates and ballet barre). On site are a spa, rooftop deck, organic café, nutritionists, saunas, and high-speed Internet stations. Post-workout, you can sip a smoothie by the year-round fireplace. **Clay**, 25 W. 14th St., 206-9200; \$35/day pass

2 BACK TO BASICS. The Gym is an intimate, no-nonsense place to get a great workout. Trainers lead groups in routines that zone in on a variety of fitness needs (cardio, upper body, lower body, etc.) and offer

one-on-one motivation with no appointment necessary. Classes include Gut-Busting Abs, Pre-Natal Pilates, and Daisy Duke Legs (training for calves, thighs, and glutes), and an on-site concierge can arrange for the delivery of a healthy meal from a nearby restaurant. **The Gym**, 11 E. 26th St., 889-3003; \$35/day pass

3 CENTER OF ATTENTION. Pilates pupils would never neglect their "core," and at Power Pilates, the trainers wouldn't hear of it either. Mat classes at varying levels, private sessions with trainers, on-site massage, and all the latest equipment appeal to celeb clients including Laura Linney and Hilary Swank. Forgot to pack gym gear? They have you covered with a line of Pilates workout wear available

for purchase. **Power Pilates**, 136 E. 57th St., Ste. 603, 371-0700, and five other NYC locations; \$70/single private session, \$45/semi-private, \$25/tower class, \$15/mat class

4 THE MASTER'S METHOD. Tucked away in a 4,000-square-foot loft is re:AB, where owner Brooke Siler concentrates on the Pilates method as first developed by Joseph Pilates and has earned a following that includes Julia Stiles, Amber Valetta, and Madonna. Classes are kept small, while one-on-one training is offered in three private areas. The pristine showers are stocked with products by skincare expert Mario Badescu that are also for sale in the retail space along with apparel and take-home Pilates equipment.

re:AB, 33 Bleecker St., Ste. 2C, 420-9111, and one other NYC location; \$24/group class, \$75-\$120/individual sessions

5 INTENSIVE CARE. The man behind the silhouettes of supermodels Heidi Klum and Naomi Campbell is David Kirsch, who believes there's a model-perfect body hidden inside everyone. In the Madison Square Club, Kirsch and his trainers provide private sessions to ensure clients receive the optimum attention with optimum results. The regimen has been described as grueling, and clients can expect complete cardio work, circuit training, body toning, plus lots of squats and lunges. Classes are held indoors, as well as in nearby Madison Square Park. For at-home discipline,

Kirsch offers fitness books and a line of nutritional supplements, along with healthy food-protein shakes, salads, and entrées to enjoy at the all-natural juice and espresso bar. **Madison Square Club**, 210 Fifth Ave., 683-1836; \$350/training session with David Kirsch, \$150/with staff

6 GAME PLAY. With an impressive star following—Cindy Crawford, Matthew Broderick, Bianca Jagger, and Calvin Klein—Radu Teodorescu, the genius behind Radu Physical Culture, is about fun and games. Of course, these fun and games are a lot tougher than most. But that's the point. You'll have high school gym class déjà vu, as that's the type of workout Radu encourages: relay

races, ball, tossing, jumping, and crawling. **Radu Physical Culture**, 24 W. 57th St., 581-1995; \$175/training session with Radu, \$85/with staff, \$25/group training class

7 ROLL CALL. Using six- to 10-inch inflatable balls to stretch and tone muscles, Yamuna Body Rolling is like a workout and massage all rolled into one; it stimulates and tones muscles while relaxing and invigorating. Longtime yoga teacher Yamuna Zake developed the exercise method to help her heal from a hip injury. Today, there are over 600 practitioners throughout the world, with Yamuna teaching in her Downtown Manhattan studio. Group, private, and semi-private classes are (Continued page 36)

Aerospace, a high-performance fitness center created by former champion boxer Michael Olajide. There's no elaborate machinery here, just a workout program centered on building muscle strength, bolstering endurance, and improving cardiovascular health. The classes are the standouts, namely AEROIMPACT, held in the studio's impact training center where students practice their jabs, hooks, and uppercuts. While AEROJUMP is a high-impact jump rope class and AEROPOD allows students to train in a private fitness space with Olajide's training videos. Sore bodies take heed: Reflexology and massage treatments are available. **Aerospace**, 336 W. 13th St., 929-1640; \$20/day pass for first-time guests

9 AIR APPARENT. Incorporating the mind and body, Exhale is a truly serene spa and exercise center offering workshops, yoga, and its signature CoreFusion®

10 IT'S A STRETCH. New York City doesn't suffer for a lack of yoga studios, which include Yoga Works, a Midtown location that offers numerous classes focusing on a wide variety of yoga styles and expert teachers that keep local and traveling students returning. High-quality instruction is the backbone of Yoga Works, where flexible instructors respond to the individual's needs—from beginners to the most advanced. The studio also offers sessions in specific disciplines such as Vinyasa Flow, Hatha Blend, Ishta, Iyengar, and Prenatal Yoga. Left your yoga mat at home? Not to worry, as mats, blocks, and towels are provided. Bonus: spacious changing rooms (with showers), post-class tea table, and yoga-related merchandise. **Yoga Works**, 138 Fifth Ave., 647-9642, and three other NYC locations; \$18/class, private sessions and *en suite* calls available

FORM 'N' FUNCTION
Whether you're on the tennis court or jogging trail, there's always a fashion statement to be made when donning apparel designed with fitness and style in mind.

FANCY LEGWORK. Body sculpting continues even after the gym workout with The Body Perfect Collection by Donna Karan. The sleek, silky hosiery line (available in two lengths and control levels) makes legs look longer and leaner sans the mid-section bulges. About \$30-\$34. At **Bloomingdale's**, 1000 Third Ave., 705-2000; **Lord & Taylor**, 424 Fifth Ave., 391-3344; **Saks Fifth Avenue**, 611 Fifth Ave., 753-4000

MIND-BODY BALANCE. Loyal customers of this Soho shop swear by its range of activewear made with high-tech Supplex® fabric, specially engineered for durability, body movement, absorption, and quick drying. **Body Up**, 155 Spring St., 219-2544

FROM THE GROUND UP. Cool cropped pants and sports tanks leave ample room for movement, while zip-up coats and parkas protect outdoor athletes from harsh elements. **Macy's Herald Square**, 2nd fl., Broadway, at W. 34th St., 695-4400

NET VALUE. Hoops fans find every conceivable NBA and WNBA item at this megastore, including team jerseys, accessories, shoes, and memorabilia. Everything can be tested out on the in-store hoop court. **The NBA Store**, 666 Fifth Ave., 515-6221

GET YOUR GROOVE ON. Made with UV-protective, Dri-FIT fabric that whisks away perspiration, Nike's Fitness Dance clothing line ensures coolness and comfort during light to strenuous workouts. **Niketown**, 6 E. 57th St., 891-6453

HOLDING COURT. RBK by Reebok's basketball gear includes a breathable, sleeveless mesh shirt, about \$35, with matching elastic waist shooter shorts, about \$35, and convenient breakaway pants for crisp days, about \$45. **Rochester Big & Tall Clothing**, 1301 Ave. of the Americas, 247-7500

HAPPY TRAILS. Toting all your basic essentials for jaunts near and far, the GoLite Dawn backpack carries up to 20 pounds and features contoured shoulder straps, three mesh storage pockets, and a bungee cord for attaching anything from gear to an extra pair of sneakers. About \$70. **Tent & Trails**, 21 Park Pl., 227-1760

SUIT YOURSELF. Versatile enough for jogging, golfing, camping, hiking, or just heading to the gym, Zero Restriction's Whisper-SOFT™ GORE-TEX® Tour-Lite jacket and pants feature lining designed to regulate airflow and pull moisture from the body. Jacket, about \$249; pants, about \$199. **World of Golf**, 147 E. 47th St., 755-9398 —L.B.