



STAYING FIT in the **Hamptons**

by sharon feiereisen

Spending time in the Hamptons this summer? Believe it or not, bellinis and crab cakes don't tend to be great for the waistline, add to that the sedentary appeal of lounging on the beach and it's easy to forgo the fitness regimen that got us bikini ready in the first place — but there's no need to drop the ball. The fitness glitterati have landed on the East End offering one-class visits, series packages and seasonal deals to make sure we don't lose sight of our workout routine. Plus there's nothing like staying in shape while indulging in the Hampton scene to make a person feel like an A-lister.

So whether it's a heart-pounding spin class you favor or a slow burning ballet barre routine you prefer, there's no excuse not to experience a burn you can be proud of.

SoulCycle

The Barns on 264 Butter Lane, Bridgehampton; 631.537.3630

Months Open: Late April through November.

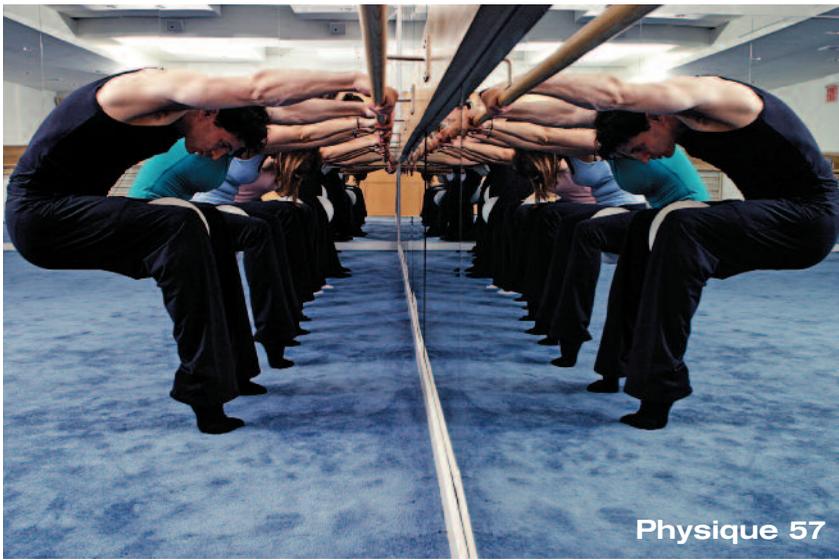
Price: \$36 for an individual class, which includes shoe rental and water; 10-class series is \$340; 20-class series is \$660; 30-class series is \$960; 50-class series is \$3,000 and comes with the opportunity to pre-book classes weeks in advance (versus every Monday at noon).

Celebrity Fans: Kanye West, Hana Soukupova, Brooke Shields, Conan O'Brien, Chelsea Clinton, Jane Krakowski, Edie Falco, Anderson Cooper, Jeff Probst, Tom Cruise, Olsen twins, Katie Lee, Tory Burch and Kevin Bacon.

In her new book, "Sometimes I Feel Like a Nut," New York City author Jill Kargman dubs SoulCycle her "spinagogue" and no doubt countless toned bodies can relate. The ultimate type-A workout combines cardio, body sculpting and meditation in one 45-minute calorie-burning spin class. Wildly popular among Hamptonsites for bringing about fast and furious

results, the proof is in the pudding and a quick scan of the riders in the room is enough to make most sign up for a series of classes.

What sets this studio apart is the spiritual approach the instructors take to motivate students to push beyond what they thought possible. Here visions of up-hills, down-hills and flats are replaced with inspirational coaching — and we're not talking the typical meditative "om shanty shanty." Rather, the studio works on appealing to even the most anti-zen riders with passionate pleas to, for example, "go to your sexiest place." Combined with the studio's famously great music selection, a mix of pop, rock and old school classics, with more mellow tunes for the cool down, SoulCycle's workouts are fail-proof for those looking for a dynamic, heart-pumping experience. Further, aside from the typical cardio calorie burn that comes with spinning, the SoulCycle method incorporates hand weights and core exercises to tone the entire body, leaving most in the 70-person studio feeling like they've sweat off half their body weight.



Physique 57

Physique 57

One Ocean Yoga on 264 Butter Lane, Bridgehampton; 631.537.5722

Months Open: Year-round.

Price: \$35 for an individual class; 5-class series is \$160; 10-class series is \$300; 20-class series is \$565; 40-class series is \$1,080; 75-class series is \$1,950; one month unlimited is \$450.

Celebrity Fans: Kelly Ripa, Kim Raver, Lisa Rinna, Christy Turlington, Karolina Kurkova and Parker Posey.

Not unlike a Birkin, being a Physique 57 regular is a Hampton status symbol – and not only because of its wallet-lightening price. Countless celebrities and Hampton socialites have credited the sculpting class with helping to re-shape their body. Based on the Lotte Berk Method, a fitness regimen designed by the famed ballerina and her orthopedist, students can expect a combination of isometric movements, light-weight work, subtle moves at the ballet barre, and floor exercises all of which aim to strengthen muscles and increase flexibility.

At this studio it's all about alternating between using small movements to build muscle and stretching the body to build a longer, leaner physique. Expect numerous squats, reverse leg lifts, kicks, push-ups, bicep and triceps curls, and resistance work with the ballet barre, a small ball and bands. The hardest part, however, especially for beginners, is getting the technique and proper alignment of all the pulsing movements down, but instructors constantly monitor students and are quick to help, maximizing the efficacy of each student's workout.

While Physique 57's classes have little down time between exercises, you won't come out of them trenched in sweat (making it a viable option for those looking to protect a freshly coiffed mane), since they're not high on cardio-intensity. Trust however that your muscles, especially in your core, will feel the burn shortly after leaving a 57-minute session.

Flywheel

65 Montauk Highway, Suite C, East Hampton; 631.329.8622

New One Bay Street, Sag Harbor; 631.899.4256

Months Open: Year-round.

Price: \$30 for an individual class, which includes shoe rental and water; 5-class series is \$135; 10-class series is \$250; 20-class series is \$450; 6 month packages are available for \$325 a month or, if you pre-pay, \$1,675 (14% saving).

Celebrity Fans: Jimmy Fallon, Ivanka Trump, Katie Couric and Kyra Sedgwick.

Known for its pant-size-shrinking spinning classes, Flywheel sets itself apart with stadium-style seating—giving everyone a great view of the instructor—heart-pumping music created—by an in-house DJ, and its unique personal performance tracking technology, the TorqBoard. The tracking device is made-up of large flat-screens set-up at the front of the studio which display riders' power-generated number (for those that have opted to have it displayed), a calculation based on revolutions per minute in relation to resistance level. Beyond feeding into the competitive nature of many Hampton denizens, this is a great tool to measure personal progress over time.



As for the class itself, it takes SoulCycle's all-over-body workout approach and incorporates small two and four-pound body bars into spin's cardio component to work arms and the core for all-over tone. Expect to look like you stepped out of a sweltering Bikram yoga class after one of the studio's 45-minute workouts.

Core Fusion at Exhale Spa

2415 Main Street, Bridgehampton; 212.249.3000

Months Open: Year-round.

Price: \$35 for an individual class; 5-class series is \$157.50; 10-class series is \$297.50; 20-class series is \$560.

Celebrity Fans: Heidi Klum, Cameron Diaz, Charlize Theron, Anna Paquin, Kate Hudson, Hilary Swank, Jennifer Connelly, Kate Moss, Julia Roberts, Katie Couric, Julianne Moore, Naomi Watts, Reese Witherspoon, Victoria Beckham and Rihanna.

Could there be a more relaxing place to burn calories and sculpt the body than a spa? For those looking to work out without sweating until they're drenched or don't find appeal in breathing 'til their heart feels like it might pump out, Core Fusion offers a variety of low cardio classes that strengthen abs, back, upper arms, thighs and glutes, while focusing on the core to help achieve that all-elusive flat stomach. Like Physique 57, it's based on the Lotte Berk Method which Core Fusion founders Fred DeVito and Elisabeth Halfpapp taught for over 20 years. The principles of the method are combined with core conditioning, pilates, interval cardio training and yoga. Instructors aim to help students achieve lean muscles in a holistic way—no drill sergeant screams here—leaving most students feeling rejuvenated and relaxed despite often grueling body strengthening work.

The most significant difference between the Core Fusion program and other Lotte Berk classes is that while Core Fusion's classes leverage moves from dance, you don't spend as much time on the ballet barre and, if you opt for Cardio Core Fusion or Core Fusion Bootcamp, no time is spent at the bar. The latter two classes are the best options for those looking for more cardio than a traditional Lotte Berk-based class, but less of a heart pump than one gets from spinning or running. A Core Fusion Sport version is also offered and similarly does not use the barre but instead focuses on improving students' performance in sports by combining work with resistance bands, core balls and mat abdominals with periodic jump backs and balanced flexibility exercises. For yogis, Core Fusion Yoga is also offered.

Summer Kicks

5 Railroad Avenue, East Hampton; 631.324.5333

Months Open: Year-round

Price: \$25 for an individual class; 10-class series is \$220; 20-class series is \$400; personal training starts at \$125 per hour.

Celebrity Fans: Nearly every class is taught by a recognizable name in the fitness industry including "The Biggest Loser's" Bob Harper.

Looking for one-on-one attention or an ever-changing roster of classes including bootcamp, Zumba, salsa, dance aerobics, step aerobics and cardio-driven body sculpt classes? Make a beeline for Summer Kicks. Owned by ex-Rockette Patricia Grantham, the studio was founded in 1988 making it the longest running fitness studio in the Eastern United States.





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Classes are taught by some of the biggest names in the fitness industry including Bob Harper from NBC's "The Biggest Loser," Stephanie Levinson known for her signature Cardio Core Ball and Flab-U-Less classes which she has taught in countless cities including Miami, Aspen, London, Sydney, Tokyo and Madrid, and Patricia Moreno whose mind-body-soul workout, Intensati, is a Dr. Oz-approved blend of martial arts, dance, and yoga.

Instructors are constantly changing the exercises in their classes, exposing students' bodies to multi-dimensional workouts that will consistently challenge.

Hamptons Beach Yoga

132-6 Main Street, Westhampton; 631.288.6844

Months Open: Year-round.

Price: \$20 for an individual class (seniors pay \$18, students pay \$15, teens and pre-teens pay \$12); 5-class series is \$90; 10-class series is \$170; 20-class series is \$300.

Celebrity Fans: Jane Hanson

For those new to yoga or a seasoned yogi not heading as far East, Hamptons Beach Yoga offers a slew of classes, including for pre-teens (ages 7+), teens and seniors, plus ones taught on the beach to help you perfect your practice. Vinyasa, Vinyasa Flow, Power Yoga, Gentle Yoga, Restorative Yoga, Yogalities, along with dance classes are all offered. No reservations are required so you can pop into the studio at your leisure. For those who prefer one-on-one attention, privates, at-home and at-hotel lessons are available.

While it's no secret that most of the Hampton scenesters spend their time further East, a slew of well-known yoga instructors stop by Hamptons Beach Yoga including Rodney Yee and Colleen Saidman, so don't be surprised to spot a celeb as you work on your downward dog.

As devilishly tempting as falling off the fitness wagon can be when on vacation, working out doesn't have to be a chore. The Hamptons attract a fit and discerning crowd, so don't be surprised to find yourself—gasp—actually looking forward to breaking a sweat at any one of the East End's aforementioned posh fitness studios. Where else can you possibly trade green juice recipes with Kelly Ripa while clipping into a spin bike next to Conan O'Brien? |

