

December 30 – January 12, 2011

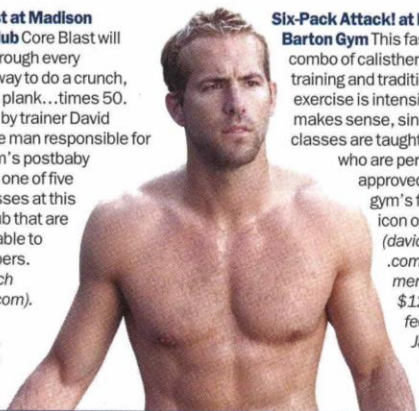
Boldfaced bodies

It takes work to be beautiful, but it doesn't necessarily take a high-profile personal trainer and buckets of cash. Try these classes to get the body parts you envy.

ABS LIKE RYAN REYNOLDS'S

Ab Lab at the Sports Center at Chelsea Piers A no-bullshit trainer (quote: "Don't give me any dirty looks") leads the class in a creative series of crunches, using free weights, Pilates-style poses and a pleasing amount of stretching. Recommended for those averse to typical ab-class monotony. (chelseapiers.com/sc). Monthly membership \$105–\$162, initiation fee varies, day pass \$50. —Michael Martin

Core Blast at Madison Square Club Core Blast will run you through every possible way to do a crunch, sit-up and plank...times 50. Designed by trainer David Kirsch (the man responsible for Heidi Klum's postbaby body), it's one of five group classes at this private club that are now available to nonmembers. (davidkirschwellness.com). Single class \$30. —Melissa Malamut



Diesel Arms/Abs/Assets at New York Health & Racquet Club The first ten minutes of this nonstop 30-minute onslaught features light cardio. But the next ten is all on the ground, where you'll tackle push-ups and crunches, as well as a crazy move called "waxing that floor." The last part amps up the challenge with light weights and some more inventive/painful exercises. (nyhrc.com). Membership prices vary; day pass \$50. —Adam Fulrath

Six-Pack Attack! at David Barton Gym This fast-paced combo of calisthenics, core training and traditional ab exercise is intensive—which makes sense, since all DBG classes are taught by trainers who are personally approved by the gym's fitness-club owner. (davidbartongym.com). Monthly membership \$120, initiation fee waived in January. —Ethan LaCroix

A BUTT LIKE BEYONCÉ'S

Barres and Belles at Pilates on Fifth Stretch, lift and squeeze those glutes through pelvic thrusts, pliés and the T series, in which everyone steps up to a barre and works the back of the legs and the backside. (pilatesonfifth.com). Single class \$24. Mention TONY for one month of discounted unlimited classes (mat-based \$199, usually \$260; mat-and-equipment-based \$260, usually \$310). Through Feb 28.

Booty Boot Camp at Synergy Fitness Had enough? Not until you've done 100 squats—and then done them again—with drill sergeant Mike Ambro, who'll rule your rear, if you let him. Between lunges, push-ups, light dumbbell lifting and more squats, you'll hit a bike for five-minute stints. (synergyfitness.com). Monthly membership starts at \$39; day pass \$20.

Brazilian Butt Lift at Equinox Victoria's Secret models swear by this high-energy class, which starts with everyone bending over and pulsing their rear ends into the air, then tests cheek-clenching capabilities by combining leg lifts and lunges with Brazilian dance. (equinox.com). Monthly membership \$145–\$179; initiation fee varies; day pass \$30.

Kickboxing at CKO Kickboxing Squat low as you're led through hooks, jabs and uppercuts that distract you from the workout your bum is getting thanks to all the lunges and leg work. (ckostatenisland.com). Monthly membership \$59 with annual contract, includes one free trial class; day pass \$20. —Amy Padnani



LEGS LIKE NATALIE PORTMAN'S

Beginner Ballet at the Alley Extension Led by Finis Jung (who trains dancers in *Billy Elliot* on Broadway), this course focuses on technique, posture and balance. Pliés and calf raises at the barre are meant to toughen your gams for more advanced ballet work or, if you're a nondancer, to develop muscle tone and core strength. (alleyextension.com). Single class \$17, 20-class card \$285.

Flywheel Rides at Flywheel Sports This cycling session combines heart-pumping sprints and climbs. Free clip-in shoes and bottles of water make you feel like a Tour de France champ, but for more motivation, check the TorqBoard, which compares your ride with others' in the class. (flywheelsports.com). Single class \$30, monthly membership \$180.

Rebounding at New York Sports Clubs After ten minutes of "easy" bouncing, your legs will feel the burn. The slightly awkward

aerobic routine includes moves like "disco," in which you pogo on one leg (difficult if you're new to the sport), and rolling your fists in circles. While it may feel silly, once you get the hang of it, the leaping, squatting and balancing really do work your quads and calves. (mysportsclubs.com). By membership only, prices vary; 30-day pass \$30.

Reformer Pilates at Pilates Reforming New York The Reformer machine improves leg and back posture, realigns the spine and strengthens muscles. All the pointing, flexing and rotating against the equipment's resistance help tone and elongate. (pilatesreformingeny.com). Single class \$29. Intro class free; second class 50% off. —Melissa Malamut



ARMS LIKE MICHELLE OBAMA'S

Airopes at Smart Workout Airopes are like jump ropes—but without the ropes. Instead, each handle has a small ball attached by a cord. Twirling those balls works arms, shoulders and back; reversing direction gives the opposing muscles a turn. (smartworkout.net). Monthly memberships start at \$145, initiation fee \$325. Free pass available online.

Boxing at Church Street Boxing Gym The \$5 Fridays class starts with a cardio warm-up, then goes into basic footwork—darting front, back, left and right—and instruction in throwing a jab and a cross. Next, hit the bags for some combos. (churchstreetboxing.com). Unlimited boxing classes start at \$145. One-time intro class \$5.

Forza at Equinox Forza combines two Japanese sword-fighting techniques, kendo and aikijujutsu. This routine begins with basic cuts with a wooden sword, then escalates into a full-body workout in

which you chop, cut and swoop while squatting, twisting and turning. Working with the weight of the weapon builds lean muscle; the varied movements target each part of the arms, as well as the shoulders and back. (equinox.com). Monthly membership \$145–\$179; initiation fee varies per club.

Powerball at Crunch A sand-filled Bosu Ballast Ball serves as a giant seven-pound free weight. As you roll, raise and lower it, you're sculpting every aspect of your arms, along with your upper body and core. (crunch.com). Monthly membership \$74.99–\$99.99; initiation fee varies. Day pass \$35. TONY deal: Bring in this article for a free one-week guest pass and one free personal training session. —Celia Shatzman

