

NEW YORK

SUMMER 2011/SPECIAL ISSUE

Weddings

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Let's Get Physical

Beauty solutions for every bride, at every price point.

BY RANDI EICHENBAUM

MISSION	BUDGET	MODERATE	SPLURGE
<p>SHED POUNDS</p> 	<p>Join the Run Club at Lululemon (1127 Third Ave., at 66th St.; 212-755-5019), a free group that jogs from Lulu's Upper East Side store to Central Park every Wednesday night. Workouts vary from week to week, mixing intervals on the lower loop with inclines on Cat Hill.</p>	<p>Personal trainer and nutritionist Ariane Hundt's four-week Slim & Strong program (\$350) at Brooklyn Bridge Boot Camp (locations vary; 646-354-0039) incorporates running, resistance training, and a dizzying number of push-ups. The program restarts the first of every month.</p>	<p>Personal trainer Marcus Eave, whose clients include Donna Karan and Carla Bruni, is optimal for brides angling to lose substantial weight. His one-hour sessions at Technogym (\$750 for five, \$1,400 for ten; 70 Greene St., nr. Broome St.; 646-578-8001) are customizable and can include nutrition tips.</p>
<p>TONE UP</p> 	<p>Yoga Vida NYC (99 University Pl., at 12th St., sixth fl.; 212-995-5553) offers live-music-aided 65-minute Vinyasa classes for just \$10. Alternately, co-owner Hilaria Thomas's classes focus on one body part per week (arms, abs, butt), covering the essentials in about six weeks' time. A monthly pass is \$100.</p>	<p>The 55-minute tower classes (\$30) at Brooklyn's Pilates Boutique (102 1st Pl., nr. Court St., second fl., Carroll Gardens; 718-858-0205) consist of mat work, springs, and exercises performed on the tower unit. Classes max out at six; a ten-session package is \$250.</p>	<p>Kula Yoga instructor Alex Auder runs 70-minute private classes (\$175) out of her West Village townhouse (845-399-8934). Sessions have a constant, calorie-burning flow, and best of all, no one has to see your fledgling attempts at crow and arm balances.</p>

PHOTOGRAPH: PIOTR MARCINSKI/ALAMY (YOGA)