

# PLAYBOOK

...CONTINUED \$37 per class  
**KNOW BEFORE YOU GO:** With a knack for customer service, Exhale is not only warm and inviting, but staffed to the hilt. Beginners can expect plenty of attention and gentle correction during classes.

## MINARDI TRAINING

**WHAT:** A beach workout of epic proportions led by Hamptons fitness legend Jimmy Minardi. Colorful cones and obstacles create the path of most resistance as you run, jump and leap your way to a better body. Using pushups, mountain-climbers and sprints, this bite-sized muscle magician will motivate you every step of the way.  
**WHO:** Minardi's merry band of sweaty sand soldiers is comprised primarily of locals and year-round weekend warriors looking to keep their beach bods in shape.  
**WHERE:** Main Beach in East Hampton ([minarditraining.com](http://minarditraining.com)).  
**HOW MUCH:** Over 100 bucks a pop. But fear not, Hamptonites, there's another option: Jimmy's vigorous and acclaimed surfer-yoga class is by donation on Saturdays at Lululemon in East Hampton.  
**KNOW BEFORE YOU GO:** Listening to Jimmy exclaim, "This is your gym!" as you sprint through the Atlantic spray is worth the parking ticket you'll undoubtedly find after class if you don't have an East Hampton beach-parking pass.

## BROWNING'S FITNESS

**WHAT:** "Very private personal training" customized to fit your fitness goals and taught by a veritable plastic surgeon of personal training, Mary Ann Browning. Browning and her team of *creme de la creme* fitness pros work with each client to create a customized fitness and diet regime that yields results.  
**WHO:** Billionaires, centi-millionaires and those willing to go broke in order to achieve the body of their dreams.  
**WHERE:** Much like its clientele,

Browning Fitness sits on some pretty fancy real estate, with a two-story compound in the heart of Southampton at 60 Windmill Lane ([browningmethod.com](http://browningmethod.com)). And if you've had a really good year, you can even order up house calls.  
**HOW MUCH:** Browning's prices (like that of the oceanfront Meadow Lane spread you ogled in Corcoran's last flier) are "upon

at The Bridge puts it: THERE WILL BE NO MIRACLES HERE.

## TRX AT STUDIO 89

**WHAT:** A full-body wringing-out, accomplished with the use of your own suspended body weight as resistance. No free weights, no machines, just gravity and the bright yellow TRX



**ARMED AND DANGEROUS** "Upon entering, I was greeted by the passionate and ageless Mary Ann," says Mullett. "Browning's Method emphasizes consistent focus on tricep work. You won't find any lunch lady arms in this pump house."

request." If you have to ask...  
**KNOW BEFORE YOU GO:** Weight training and heart-pounding cardio are major components of the Browning method, so if you're looking for an easy way out, sign up elsewhere. As the illuminated art installation that greets golfers

bands affixed to a steel-enforced ceiling. Led by local fitness (and GroundWorks landscape-design) guru Linda Silich, these classes will leave you with legs feeling as rubbery as Gumby's.  
**WHO:** A friendly crowd of year-rounders who welcome

new faces (read: locals).  
**WHERE:** This hidden temple of fit is located right behind Estia's Little Kitchen on Sag Turnpike at 89 Clay Pit Road, making post-workout brunch plans a no-brainer ([studio89fitness.com](http://studio89fitness.com)).  
**HOW MUCH:** At \$30 each, TRX's classes, which are offered seven days a week, are a Hamptons bargain.  
**KNOW BEFORE YOU GO:** Don't be intimidated by the basic-training-style obstacle course and sweat-cult feel of Studio 89. This place is top-notch and has something for everyone.

## PHYSIQUE 57

**WHAT:** Also known as the House that Kelly Ripa Built, Physique is a body-sculpting, abdominal-defining gym that focuses on deep stretching and the isometric isolation of various muscle groups. The room's not dissimilar to a carpeted ballet studio, with much of the lower-body work completed on a conventional ballet barre. (Yes, guys, you'll most likely be the only dude in the class—which can have its benefits...)  
**WHO:** Physique draws a demure, civilized posse of lithe women of all ages. While similar in method to Exhale's Core Fusion, Physique attracts an "iced skim latte with one Splenda" crowd, compared to Exhale's "iced cawf" ordered across the street at The Pear.  
**WHERE:** Situated at "the barn" right next to the Bridgehampton SoulCycle, at 264 Butter Lane ([physique57.com](http://physique57.com)). In fact, they share a soundproof wall. Parking in the Rover-filled lot can be tight during high season, so leave your road rage at home.  
**HOW MUCH:** The going rate is \$36 per class, though monthly membership is also available.  
**KNOW BEFORE YOU GO:** New to the method? Don't be scared. Physique has strategically arranged its class schedule by beginner, mixed and intermediate levels so newbies get ample instructor attention and have a chance to learn the proper form to achieve their lean, striated sea legs. **B**