

AKT inMotion classes combine cardio, strength, toning, and stretching.

Chic Shape

THE HAMPTONS IS FLUSH WITH NEW WAYS TO STAY FIT AND LOOK GOOD DOING IT. BY ERIN RILEY

305 Fitness

Sadie Kurzban is bringing her super-fun dance-party workout to The Montauk Beach House this summer. The 55-minute cardio class combines dance moves with sport drills and high-intensity interval training to the beats of a live DJ. **55 S. Elmwood Ave., Montauk, 668-2112; 305fitness.com**

AKT inMotion

Anna Kaiser, founder of AKT inMotion and trainer to stars like Sarah Jessica Parker and Shakira, focuses on designing classes that evolve week by week. "The only way to sustain true fitness is to feel like you're growing, achieving, and moving toward something bigger," she says.

Hamptons Gym Corp, 395 County Road 39A, Southampton, 283-4770; 1 Bay St., Sag Harbor, 725-0707; aktinmotion.com

Barry's Bootcamp

Barry's Bootcamp, which will open a second Hamptons location this summer, features hour-long classes taught by some of its top trainers. Dubbed "Barry's Surf Shack" by partner Joey Gonzalez, the new location will incorporate the casual, somewhat nautical feel of its locale. **199 Main St., Amagansett; 352 Montauk Hwy., Wainscott, 537-2668; barrysbootcamp.com**

CinemaCycle

Montauk Movie is bringing back



its CinemaCycle series. Owner David Rutkowski converted the front rows of the theater last year and installed 25 spin bikes as well as a new lighting and sound system. Watch surf flicks while you spin with first-class instructors. **15 S. Edgemere St., Montauk, 668-2393; cinemacycle.net**

Elements Fitness Studio

This new boutique fitness destination specializes in small group sessions and private training classes, such as Barre Fitness, Cardio Sculpt, cardio boxing, and Circuits. Also on

tap are customized pre-/postnatal barre classes, corporate wellness, and bridal boot camps.

66 Newtown Lane, Ste. 11, East Hampton, 917-589-7319; elementsfitnessstudio.com

Erika Bloom Pilates Plus

One of the most sought-after instructors on the East End, Erika Bloom and her team of trainers focus on a holistic body-and-mind approach. This season her high-design studio launches an exclusive collaboration with LuliTonix, the NYC-based juice company lauded for

PHOTOGRAPHY BY ELIZABETH D. HERMAN

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66 Newtown Lane, East Hampton, 212-288-3410; erikabloompilates.com

KamaDeva Yoga

This season, KamaDeva Yoga introduces Foundation Training with Adam Kelinson as well as a seven-day juice cleanse program. Along with yoga classes in the Jivamukti, Ashtanga, and Iyengar styles, the yoga mecca has added a schedule of prenatal classes.
15 Lumber Lane, No. 2A, East Hampton, 604-1382; kamadevayoga.com

Minardi Training

Born and raised in East Hampton, Jimmy Minardi is bringing back his popular Minardi Surfer Yoga classes at Yoga Shanti, Poe Yoga, and Mandala Yoga this summer and adding new cycling excursions as well as additional beach workouts on Saturdays.
East Hampton, 680-3000; minarditraining.com

Peloton Cycle

Founded in 2012 by Ride the Zone creators Marion Roaman and John Foley, Peloton Cycle has revolutionized the in-home workout by creating a bike with a high-tech screen that can stream live, on-demand classes by top instructors. This summer, Peloton opens in East Hampton and will program a variety of events throughout the season.
53 Main St., East Hampton, 745-1379; pelotoncycle.com

Ramy Brook for SoulCycle

Inspired by the revitalized feeling she gets after spinning, designer Ramy Sharp recently launched a

collection of chic, comfortable clothing that's perfect après-workout wear, available at SoulCycle studios in the Hamptons.
68 Newtown Lane, East Hampton, 324-6600; 264 Butter Lane, Bridgehampton, 212-208-1300; 760 Montauk Hwy., Water Mill, 324-6610; ramybrook.com

The Surf Lodge Montauk

This summer, The Surf Lodge Montauk will host a variety of intimate group classes that include high-intensity interval training and resistance exercises as well as Muay Thai boxing. The resort will also bring back its collaboration with Pilates ProWorks in July.
183 Edgemere St., Montauk, 483-5037; thesurfllodge.com H

FIT FASHION

Retailer **Bandier** combines fitness, fashion, and music.

While walking through Southampton Village after a workout, Jennifer Bandier noticed the lack of variety in fitness apparel. Today she offers pieces from highly coveted international brands, such as Lucas Hugh (London), The Upside (Australia), C3fit (Japan), and Michi (Canada), styles she'll be putting to the test in Noah Neiman's class at Barry's Bootcamp. "He's an incredible trainer," she says, "and will hopefully lead our roster of brand ambassadors soon!"

44B Main St., Southampton, 488-4304; bandier.com



Lucas Hugh workout wear, available at Bandier.

PLAY FOR PINK

Save the Date

**Thursday June 19th, 2014
Shotgun 8:45 AM**

Jane Pontarelli will be chairing the 15th annual "Play For Pink" Golf Tournament which benefits The Breast Cancer Research Foundation, founded by Evelyn Lauder in 1993.

The Event will take place at Hampton Hills Golf & Country Club in Westhampton Beach, NY

Sponsorship Opportunities Available | Golf Entry Fee \$275 | Tees and Greens available

Call Jane Pontarelli at (917) 679-9433 or E-Mail nycjane100@aol.com
Fashion Show By Steven Dann

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