



Staying the Course

It's transition time: Swimsuit season is barely (ha) behind us, yet the sitting-on-the-couch-eating-macaroni-and-cheese period (aka winter) is swiftly approaching. Our advice? Keep the momentum going in the fitness department. *by Ingrid Skjong*

FOR IRONMEN

If the treadmill is looking less than appealing and the thought of a spin class makes your eyes roll back in your head, it's clearly time for something new. Enter **Hoebel Fitness** (54 West 21st Street, 212-336-1342; hoebel.com) and **FitnessBrasil**—a challenging, high-energy series of fusion classes anchored by the Brazilian martial art capoeira. The brainchild of Brett Hoebel, founder of Hoebel Fitness and noted fitness expert, FitnessBrasil is hard core. **BodyBrasil** focuses on toning with capoeira and body-weight conditioning, while **VinyasaBrasil**, a blend of capoeira and vinyasa yoga (known for its strenuous nature), appeases yoga enthusiasts. And for the lower body and abs, **BootyBrasil** and **AbsBrasil** come through. Trust us—choose any class and you're sure to see results.

FOR FASHIONISTAS

Erika Bloom, founder and owner of **Erika Bloom Pilates Plus** (795 Madison Avenue, 212-288-341; erikabloompilates.com), knows bodies. She can spot a weakness or imbalance at a glance and has the experience to rectify the situation (she was a ballet and modern dancer, and has extensive training in Pilates, several types of yoga, spinal manipulation, and sports conditioning)—which explains why frequenters of her airy, bright studio feel they're in such good hands. Bloom customizes programs to suit each client based on any irregularities detected during a personal evaluation of posture and movement patterns. The result is a finely tuned, individualized workout that focuses on lengthening, strengthening, and alignment. In short, it does wonders.

FOR SPIRIT SEEKERS

Yes, you can do yoga in your living room and gain some enlightenment. But sometimes location makes all the difference, and the new **Reebok Sports Club/NY Mind Body Studios** (160 Columbus Avenue, 212-362-6800; thesportsclubla.com)—4,000 square feet of lofty state-of-the-art studios housing first-rate yoga and Pilates instruction—bear that out. Each studio is named for an element: Fire houses yoga and Pilates mat work; Water and Wood focuses on more personal, one-on-one instruction; and Metal features Pilates equipment, including reformers and Cadillacs. Yoga and Pilates workshops will be integrated into the offerings. And with 50 new classes, including ashtanga, hatha and vinyasa yoga, and various Pilates mat classes, it's truly a haven for body and soul.

FOR COUCH POTATOES

Let's face it—working out indoors can be less than stimulating. Which makes the fully interactive **Expresso Bike** an enticing option. The bike simulates riding outdoors by way of a 17-inch LCD screen showing more than 30 virtual courses that vary in difficulty and terrain. The bike monitors statistics like heart rate and calories burned, and even allows riders to race their best times or follow a pacer. And with all workout info tracked and stored online, and cool applications that enable riders to compare individual times to others countrywide, motivation is never an issue. All you have to do is pedal. Available at **Crunch Fitness**, 404 Lafayette Street, 212-614-0120; 113 Fourth Avenue, 212-533-0001; **New York Sports Club**, 30 Wall Street, 212-482-4800; and for home purchase (\$4,995), visit expressofitness.com. [G]