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Physique 57's Mat 57 class.



Erika Bloom.

All Together Now

Don't waste your summer sweating away the pounds solo—these kick-ass group classes offer both fitness and fun.

GO TO THE MATTRESSES

After a night of dancing on banquettes in stilettos, we really just want to spend the next day lying down. However, the thought of baring all in a bikini keeps us locked into our fitness regimen. The perfect compromise is the Mat 57 class at **Physique 57** (\$33). Created by Tanya Becker, director of training at Physique 57, and certified classical Pilates instructor Shelly Knight, the hour-long class uses techniques found in a traditional Pilates mat class and gives them a kick firmly and repeatedly in the caboose. With the music pumping, your fellow classmates jumping, and your heart thumping, you're led through a series of leg lifts, arm exercises, and core routines again and again and again, all from the "comfort" of the floor. At the end of the class we could certainly feel the burn, particularly in the upper and lower abs and outer thighs. Now if we can get that area of our physique tight and toned, we'll really, um... sleep tight. *Physique 57, 264 Butter Lane, Bridgehampton, 537-5722; physique57.com.*—JILL SIERACKI

BEACH BLANKET BABY

With a bunch of twentysomethings in a share house next door and the unending helicopter traffic above, it seems you'd have a better chance of scoring an authentic Yves Saint Laurent Downtown bag for \$20 than getting peace and quiet on a weekend. But there's one place

you can find some calm: Head out to East Hampton's Atlantic Avenue Beach, where **Erika Bloom** teaches Pilates every Sunday at 10 A.M. (\$25 per class; \$110 for five). Grab a beach towel and stare out over the waves as you're guided through this mind-and-body-connecting workout, geared toward lengthening and strengthening muscles while bringing your body into total alignment. Written up everywhere from *Lucky* to *Crain's*, Bloom, a former professional dancer who's been teaching athletes, celebrities, and socialites for the past seven years, will help you get both a sexy chassis and a modicum of quietude. *212-288-3410; erikabloompilates.com.*—J.S.

BABY GOT BACK

Waxing. Capoeira. Gisele. Why does it seem like Brazilians are always out to torture us? But, willing to withstand a little brutality in the name of a Victoria's Secret-worthy physique, we signed up for Brett Hoebel's **Body Brasil** class (\$28). New to the Hamptons this summer, Body Brasil combines

lower-body and core-conditioning moves inspired by capoeira, the Brazilian martial art. The result is an hour of intense, squat-heavy moves flowing from lunges and dips to stretches in seamless movements that are a real pain in the ass—and we mean that in a good way. Hoebel

makes his class accessible to people of varying levels by demonstrating different versions of many moves, ensuring that, when the momentum picks up, no one has an excuse to stand around and pant (not that we didn't anyway). "My classes aren't easy, and people with that extra drive don't want them to be," says the body guru (who himself has a rather nice butt, which is motivating in itself). Some of those überdriven clients include Star Jones, Veronica Webb, Emmy Rossum, Jill Stuart, and Karolina Kurkova. If our sore muscles are any indication, we're well on our way to a Brazilicious bod. *Brett Hoebel teaches Body Brasil on Saturdays at ZoneHampton, 65 Montauk Highway, East Hampton, 329-8622; hoebel.com.*—SARAH KHAN



Brett Hoebel.

photographs by Katherine C.H. Epstein (above); Amy K. Boyd Photography (physique 57)