

2009 HAMPTONS SURVIVAL GUIDE

brought to you by **vital juice**

Sunscreen? Check. Floaty dress? Check. Hamptons Survival Guide? Check!

It's your very own cheat sheet on where to work out, what to eat, and how to stay blissed out and beautiful. Print it out, stash it in your bag, and keep it handy for an endless (healthy) summer.

SHAPE UP!

GO FOR A SPIN

No such thing as a free ride?

Ha! Stop by the new **B-East RealRyder Fitness Studio** on Wednesday at 7AM, 12PM, or 5PM for a no-cost 30-minute intro to the "un-stationary bike."

199 Main St. / Amagansett
(631) 267-0900 / eastfit.com / \$25 per class (reserve online)

Hop on your indoor Schwinn

at **SoulCycle**. The 45-minute workout burns up to 550 calories. (Psst...Sip the spicy lemonade at SoulCycle's new juice bar.)

264 Butter Ln. / Bridgehampton
(631) 537-3630 / soul-cycle.com / \$34 per class (reserve online)

Look out, curves ahead. At

ZoneHampton, side-to-side moving bikes simulate taking sharp turns on the road. Whee!

60 Windmill Ln. / Southampton
(631) 283-7433 / 65 Montauk Hwy. / East Hampton / (631) 329-8622 / ridethezone.com / \$30 per class (reserve online)



BE HARD CORE

Stand tall in your Havaianas

with the posture-enhancing Core Fusion workout at **Exhale**. (**Blueprint Cleanse** devotees, pick up your juice post-class.)

2411 Main St. / Bridgehampton
(212) 249-3000 / exhalespa.com
\$35 per class / (\$20 for students)

Take a cue from Kelly Ripa and

head to **Physique 57** for a fast-paced class that combines weights and the ballet barre to lengthen and strengthen your muscles.

264 Butter Ln. / Bridgehampton
(631) 537-5722 / physique57.com / \$35 per class

Groove your way to better

glutes at **The Body**, an intense 55-minute workout from a former Core Fusion instructor set to rocking tunes.

5 Windmill Ln. / Southampton / (631) 259-8800 / thebodynyc.com / Call for schedule or reserve online, \$33 per class

Think small, lose big

with intimate classes from **Nalini Method** founder Rupa Mehta. She incorporates weights, resistance bands and more for head-to-toe toning.

4 Plank Rd. #2 / East Hampton / (212) 787-5588 / \$32 per class

CROSS TRAIN

How do UES moms bounce back after giving birth?

They kick weight gain to the Park Ave. curb at **Punch Fitness Center**, a kickboxing meets crosstraining routine.

60 Millstone Rd. / Watermill / (212) 288-2375 / punchfitnesscenter.com / Packages only, \$109 - \$145 per session

Meet your sensei.

Patricia Moreno, the creator of intenSati, a blend of martial arts, dance and yoga, shows up at **Summer Kicks Fitness** to give Hamptonites a heart-pumping workout.

5 Railroad Ave / Easthampton / (631) 324-5333 / summerkicksfitness.com / \$25

If your fitness routine has gone AWOL,

try celeb trainer **Rebecca Kordecki's boot camp** at The Surf Lodge. (Kordecki also teaches Booty Slide; check out her site for details.)

183 Edgemere St. / Montauk / (917) 628-7258 / rebeccakordecki.com / Saturdays and Sundays at 11AM / email info@rebeccakordecki.com, \$35

Get bikini-ready abs on

Saturdays at 10:45AM (through August 2) when trainer **Brett Hoebel** will be on hand to help you burn belly fat. Can you stomach it?

395 County Rd. 39A / Southampton / (631) 283-4770 / hoebel.com / \$30 per day for full pass to gym

Privacy-seekers can workout in their own backyards.

Call **Mind Over Matter** for a private boot camp session that will put you through the paces: push-ups, squats, crunches, and more.

(212) 865-9290 / mindovermatternyc.com / Saturdays and Sundays only / \$175 for a 5 person minimum (\$35 per person)



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HANG TEN

Surf's up with one-on-one lessons from seasoned wave-rider Shane Dyckman. His **Flying Point Surf School** provides private lessons seven days a week.

116 North Sea Rd. / Southampton / (516) 885-6607 / flyingpointsurfschool.com / \$125 for 90-minute private lesson (group rates also available)

Serious surfers swear by the waves in Ditch Plains where beginners can start with a 60-minute yoga class followed by a 90-minute surf lesson every Saturday courtesy of **Liquid Yoga and Surf**.

Meet at Parking Lot 1 / Ditch Plains / info@liquidyogaandsurf.com / liquidyogaandsurf.com / \$199 (reserve online)

Dive into something new with stand-up paddle boarding lessons from **Main Beach Surf Shop**. Burn calories with fewer wipeouts (than surfing).

352 Montauk Hwy / Wainscott / (631) 537-2716 / mainbeach.com / \$150 for 90 minute private lesson (\$50 for each additional person)



RELAX, REFRESH, RECHARGE



STRIKE A POSE

East End yogis go with the flow at the new **KamaDeva Yoga** where small classes mean you get lots of personal attention.

66 Newtown Ln., 2nd Fl., Suite 7 / East Hampton / (917) 301-6919 / kamadevayoga.com / \$23 per class (reserve online)

Bring Yoga om sweet om with one-on-one house calls from **Namaste New York**. (Need a rubdown? They deliver massages, too.)

212) 535-5535 / namastenewyork.com / Rates available upon request

Lost your Zen? Find it again at **Mandala Yoga Center**. After class, detox with the center's signature ayurvedic massage.

156 Main St. / Amagansett / (631) 267-6144 / mandalayoga.com / \$25 (reserve online)

A long-time Hamptons staple, Yoga Shanti still draws regulars from around town. Expect some chanting, meditation, and a little Philosophy 101.

23 Washington St. / Sag Harbor / (631) 725-6424 / yogashanti.com / \$25 per class

Your one-stop yogi shop, One Ocean Yoga caters to a variety of levels, and offers workshops in chanting, astrology and more.

264 Butter Ln / Bridgehampton / (631) 537-5522 / oneoceanyoga.com / \$25 per yoga class; see site for more rates



HEAL THYSELF

Stick it to stress Martha style. When the homemaking queen wants to unwind, she gets acupuncture from **Shellie Goldstein**. (Check out her cosmetic AcuFacials, too.)

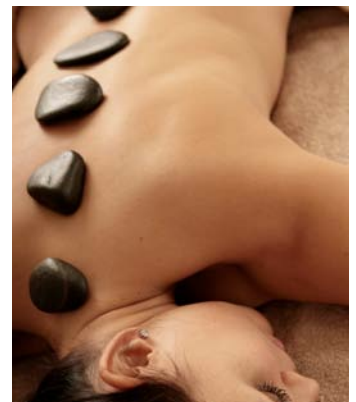
530 Montauk Hwy / East Hampton / (631) 219-3226 / hamptonsacupuncture.com / \$90-\$140 per treatment

Wondering if your summer fling will last 'til fall? Try a session with **Christian McMahon**. The East End intuitive medium writes a column for Hamptons paper 27 East.

Call or email for appt. / (713) 412-6254 / christianamcmahon@yahoo.com / VJ subscribers get a discount: \$200 for hour session vs. \$300; \$100 for half-hour vs. \$175

Pull a bona fide disappearing act and escape to a secluded modern retreat in a top-secret location. **American Yogini** specializes in raw juice fasting, raw food cleansing, and yoga. Hey, where'd you go?

americanyogini.com / \$245 for private room (shared bathroom), \$175 for shared room and bathroom, \$275 for private room (queen-sized bed) and private bathroom



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GET GORGEOUS

Bikini bottoms skimpier than you thought? Whisk away rogue hairs at **Naturopathica** where the gentle wax won't irritate skin. (Massages, facials, and more also available.)

74 Montauk Hwy. / East Hampton / (631) 329-2525 / naturopathica.com / \$45 for bikini wax

Missed a spot (or five) with your SPF? Delinquents can soothe skin with the cooling Beach Body Massage at **Spa MYC**.

32 Star Island Rd. / Montauk / (888) MYC-8668 / montaukyachtclub.com / Massages start at \$115; facials at \$90

Get summer's hottest hair trend. Rumor has it the **Style Bar's** in-house braid wiz has mastered nearly 30 different styles. (Ask for Jackie.)

1 Bay St. / Sag Harbor / (631) 725-6730 / stylebarspa.com / Call for rates

For hair that's beachy not burnt to a crisp, visit **Valery Joseph** for a nourishing Kerastase treatment. (Regulars also swear by the blowouts.)

2454 Main St. / Bridgehampton / (631) 537-8967 / valeryjoseph.com / \$40 for Kerastase treatment; \$65 for blowout



HEALTHY EATS



THE FARM

Get a North Forkful of strawberry rhubarb jam, sustainable greens and organic gourmet gruyère. The makings of a perfect meal and a whole lot more (rain or shine) at **Sag Harbor Farmers' Market**.

Breakwater Yacht Club Parking Lot 51 Bay St. (near Burke St.) / Sag Harbor / Saturdays 9AM to 1PM

School's out and fresh food's in at the **Community Farmers Market** at Hayground School where they're selling campus-grown veggies. The Seafood Shop and Wolfer Estates also make the grade.

Hayground 151 Mitchell Ln. (at Butter Ln.) / Bridgehampton / Fridays 3PM to 7PM

Check out the scene in Nick and Toni's parking lot. Rub elbows with Eli (Zabar) and Ina (Garten) while you shop the **East Hampton Farmers' Market's** star quality finds.

136 N. Main St. / East Hampton / Fridays 9AM to 1PM



TO MARKET WE GO

Fill your beach tote with good-for-you finds from **Annie's Organic Café and Market**. It's also perfect for a refueling smoothie post-spin (ZoneHampton's around the corner).

56 Nugent St. / Southampton / (631) 377-3607

Provide houseguests with wholesome eats—stock up at **Provisions Natural Foods Market and Café**. Be the hostess with the mostest when you serve their whole wheat breakfast burrito.

Corner of Bay St. and Division St. / Sag Harbor / (631) 725-3636

Try out-of-this-world-juices. Sip on the "planetary juices" from **Juicy Naam** (order the Venus with watermelon, rosewater, lime, and ginger) while you shop their market.

27 Race Ln. / East Hampton / (631) 604-5091



OFF THE EATEN PATH

Eat good food with a good view at **Babette's** sidewalk café. People-watch over nutty, whole grain pancakes topped with fruit.

66 Newton Ln / East Hampton / (631) 329-5377 / babetteeasthampton.com

Try a DIY hair-of-the dog cure at the new Barracuda Bar, part of **The Montauk Yacht Club** where brunch is served from 10AM to 2PM at the attached Gulf Coast Kitchen.

32 Star Island Rd. / Montauk / (631) 668-3100 / montaukyachtclub.com

After a day at the beach, dine al fresco at one of **Joni's** picnic tables. The laid back spot serves salads and wraps along with fresh juices and smoothies.

9 S. Edison Dr. / Montauk / (631) 668-3663

