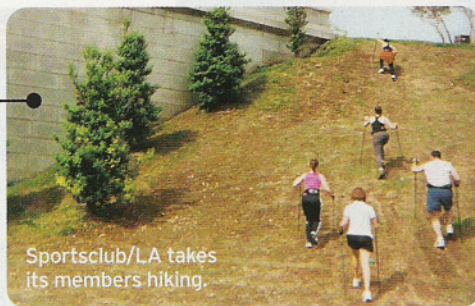


indoor no more

Tired of the treadmill? Weary of weights? Hit the gym ... *and* take it outside! Outdoor exercise facilities and classes are becoming increasingly popular as health clubs search for ways to keep fitness fun. Check with gyms in your area to see if they offer opportunities like these:

- **Kayaking and swimming, Pure Austin, Austin, Texas** (pureaustin.com) Members can paddle around the private spring-fed lake in the club's kayaks or go swimming. An outdoor obstacle course with monkey bars and a climbing wall is also available for those who want to relive their playground days. The mild Texas winters allow the outdoor facilities to stay open year-round, though you may want to bring a wet suit if you plan to swim in the winter.
- **Outdoor Spinning, Santa Barbara Athletic Club, Santa Barbara, Calif.** (calwestgroup.com/sbac) Enjoy a panoramic view of a sunrise over the Santa Ynez Mountains while cycling on the club's open-air deck. The covered roof allows classes to take place rain or shine, and Southern Cali-



fornia's mild climate means students can Spin comfortably all year round.

- **Rooftop Yoga, The Sports Club/LA, New York City** (thesportsclubla.com) A gentle 75-minute yoga class for all fitness levels is taught in a garden on the Upper East Side club's seventh-floor roof deck. Enjoy the breathtaking view from your sticky mat. Class offered from early summer to early September.
- **Fittrek, The Sports Club/LA, Washington, D.C.** (thesportsclubla.com) This class takes its students on a six-mile hike through downtown D.C., using Fittrek walking poles for a great upper-body workout. Classes meet year-round, even when it's storming. "Our motto is, there's no bad weather, just bad clothing!" says instructor Madeline Dolente. — *Jennifer Acosta Scott*