



The Best Bikini Boot Camps Near You

A cross-country guide to the top classes and retreats to whip you into shape for bathing-suit season.

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New York City **SLIM & STRONG**

Ariane Hundt, founder of Brooklyn Bridge Boot Camp, leads this results-oriented month-long indoor program that combines a fat-burning workout (with weights, squats and cardio) and food advice (in addition to being a trainer, she's also a nutritionist). You'll track your success with before-and-after measurements and photos. *\$350 per month, brooklynbridgebootcamp.com*

Light(er) weights plus more reps creates slim, toned arms.

Two-pound walking dumbbells, \$6 per pair, select Marshalls, marshalls.com for locations

AS ONE

The well-credentialed mega-athlete founders here really know their stuff, including the fact that carrying sandbags, lugging ropes, running stairs and doing a trillion squat-thrusts turns the average woman into a super-svelte athlete. *\$560 for 16 classes, as1effect.com*

BASSETT'S **BOOT CAMP AT** **PURE YOGA**

Yoga's first drill sergeant is Loren Bassett, who leads intense yoga/cross-training classes where vinyasa sequences segue into burpees, mountain climbers with gliders and high-intensity cardio with strength training—all in a 105-degree room. No child's pose here. *\$35, pureyoga.com*

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*Note: Most boutique fitness studios offer discounts via class cards/packs. Unless noted, single class rates are quoted here.