

■ ACTIVE NY

## A workout in the park

Enjoy the spring weather and get in shape with Stacy's bootcamp

BY PERRIE SAMOTIN  
Special to amNewYork

Now that spring is here and summer on the way, many New Yorker's are looking for a little seasonal shape-up. Enlist in Stacy's Bootcamp and it won't be easy, but it may be the key for achieving fast results and long term fitness success.



Stacy's Bootcamp works it out in Central Park.

Does anyone really love the gym? Let's be honest: Working out every day on the same machines can get dull. Enter Stacy Berman, fitness pro and founder of Stacy's Bootcamp — a strictly outdoor exercise program based primarily in Central Park. Nearly every day, Berman can be found lead-

ing a group of five to twelve students through a somewhat demanding military-style workout that is devoid of standard gym equipment. Due to the variable nature of the class, chances of boredom are slim, offering respite from the monotony of the treadmill.

"Going to the gym has be-

come a chore for too many people," says Berman, "using your own body as weights and the natural environment of the city allows us to get away from working out in an artificial setting and falling into a fitness rut."

A typical workout includes cardio (sprints, jogs around the reservoir, step-

ping on park benches), strength training (pull ups, push ups, abs, lunges) and a cool down. Since participants are not grouped according to athletic ability, Berman modifies everything to ensure manageability for different fitness levels, often encouraging those looking for more of a challenge to grab a classmate to ride piggyback during certain drills.

Berman, who has worked for over a decade in the industry, as a lifeguard and a personal trainer, was inspired by her own observations of the gym's ability to strip people of their motivation. "I've seen people come to the gym and work so hard only to see no real change in their bodies," Berman said, "which demotivates people and they stop going. Watching this cycle, I figured there had to be a better way to incorporate fitness into people's lives."

Berman insists it's the quality of the workout that perpetuates change, not the amount of time spent doing it and makes no secret that her students are in for a challenge. "The class is a kick-ass workout," she says, "but it's social, fun and offers an experience of nature in a city of concrete."

Mon, Wed, Fri, 5:30 am and 6:30 pm. Tues, Thurs 7am and 7:30 pm. Sat 9am. \$250 per three-week session (nine classes).

[www.stacysbootcamp.com](http://www.stacysbootcamp.com).

16 | THE BU  
JUDE  
LAW'S  
» HAUNTED  
PAD

37 | CITY LIV  
LIFE IN  
» PLUS, HOL  
GADGETS

12 | DINING  
OSTERIA  
STELLA  
» RESTAUR  
REVIEW

x cing

W E  
Should the  
of Manhatt  
to the Far V

YE  
Using your Cin  
vote, A or B to a  
to www

ANIMAL REF  
A Jersey n

A small whale onlookers with pearance in th appeared to b south and bac ocean yesterd said the 10- to whale was spc Beverly, N.J., at south of the "1 The World Takes" bridge, where it was first spotted around noon Tuesday.

The city says sex shops in residential neighborhoods have abused the law, which allows them  
... these businesses are moved to West Side, Alonso said, "It will become bachelor party."

X DAY  
R RETURN



have 4  
ck in sex  
rchandise  
aggressive  
ing we ca  
porno sh  
all know  
g is a jok  
orney w  
it woul  
clubs h  
anned N  
e said, "  
adium su  
ying to d  
business  
ast \$40  
count th  
nerated