

Fit parade

Summer's right around the corner. Are you ready to show some skin? (Didn't think so.) Don't worry—you'll go from flab to fab at one of these ass-kicking queer workouts.

By Beth Greenfield



Stacy's Boot Camp: Gay Edition

THE BASICS

After leading mixed boot camps since 2003, **Stacy Berman** kicks off a gay-boy version Tuesday 31. "It'll sort of double as a potential meeting ground," she says. The four-week series includes "body-weight" exercises, like squats, lunges, push-ups, sit-ups and running drills in Central Park. It's kind of like military training, she says, "but it's more about having fun and getting fit. I don't yell at you." *Tue, Thu 6:30pm; series \$275; stacysbootcamp.com.*



WHAT WILL IT DO FOR YOU?

"People's bodies have changed drastically in class," Berman says, adding that you can expect some weight loss, tightening ("usually the butt lifts up") and a flatter stomach.

BUTCH SCALE: 5 of 5

Broadway Bodies

THE BASICS

Attention, theater queens! "This is like aerobics meets Broadway," says Jeff Vilensky, creator of these new dance workouts taught by Stephen Brotebeck. Drawing a mix of gay men and straight women, beginner to pro, class begins with high-impact moves set to show tunes; the second half teaches modified choreography from a specific show—*A Chorus Line*, *Wicked*, *Rent*, you name it. *Tue 7pm, \$15 per class; broadwaybodies.com.*



WHAT WILL IT DO FOR YOU?

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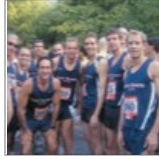
"It's really a cardiovascular sport," Nelson says, "not something to build big muscles. Though I have seen some pretty nice tushes from bicycling!"

BUTCH SCALE: 4 of 5

Front Runners

THE BASICS

The LGBT running club brings a social aspect to one of the most solitary workouts. "With more than 400 members, Front Runners truly runs the gamut in every respect," says president Robert Lennon. "We have people from age 20 up into their 70s." Organized trots, including Saturdays in Central Park, splinter into small groups based on pace and distance; after, you'll reconvene for bagels and coffee. *Runs free, membership \$30; fmy.org.*



WHAT WILL IT DO FOR YOU?

"On average, people burn 100 calories for every mile they run," notes Lennon. So be prepared to shed flab—as well as tighten your butt and calves. It'll also lift your spirits, he says.

BUTCH SCALE: 3 of 5

SOMA: A Nude Oasis

THE BASICS

Demanding at least a modicum of body confidence from the start, SOMA—Greek for "the living body"—offers classes in meditation, movement arts (a sort of freestyle improv) and, most toning, yoga, blending Iyengar with flowing vinyasa styles—all in the buff. "It's basically bringing your pure self to the practice," explains Joe Reid, one of the event's three instructors. *Fri 8pm, through May 22; \$20 per class, entire evening \$50; 917-355-3027 to RSVP.*



WHAT WILL IT DO FOR YOU?

"You'll get an amazing workout," says Reid, "and also learn something about how your body works." Improve your core strength, flexibility and alignment, and alleviate chronic pain.

BUTCH SCALE: 2 of 5

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