

the village VOICE



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nyc weather
Today Tomorrow

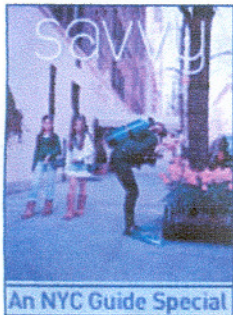
Fair 59°F
 Mostly Cloudy 55°F

nyc guide

11,973 things to do: eats, shopping, music, film, comedy, and more.

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LES Royalty
Worship Satan, Arts at Houston Street Garden

Wind Up the

nyclife

Savvy Class Conscious

Accidental learning through leisure activities

April 28th, 2005 12:50 PM

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One of the truly wretched things about being a grown-up is not getting summer vacations. Happily, one of adulthood's great perks is getting to decide for yourself what to do with your time. And since there's no official summer vacation for most of the post-collegiate set, those long weekends, summer half-days, and other downtime hours are precious, indeed. Use them to tone your body, expand your mind, or just plain have fun—without the heavy time commitments and stressful schedules full-time training courses often have. Come fall, you'll really have something to talk about. —LD Beghtol



Upwardly mobile: Get fit for summer at **Stacy's Boot Camp** in Central Park.
photo: Greg Miller

Shape-shifter

The words *boot camp* usually evoke the image of an evil drill sergeant barking orders at a line of cowering recruits; not so for weight-conscious civilians who willingly join Stacy Berman's three-week, outdoor **BOOT CAMP IN CENTRAL PARK**. At **Stacy's Boot Camp** [stacysbootcamp.com, 212-531-3531] you'll start with a brisk jog through Central Park, then get strenuous sessions of push-ups, squat thrusts, jumping jacks, and sprints. The differing outdoor terrain provides a challenge not found in gyms, so every muscle in your body will be worked to its capacity. Berman, a certified fitness trainer, also suggests dietary regimens with her thrice-weekly, one-hour sessions (\$250 for nine classes). Thanks, Sergeant! —Keisha Franklin

Great barrier reef, or the Caribbean.

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