



So, you're not in the mood to scale Everest before work. We understand ... and so do local trainers! Many gyms move workout classes outside in the summer to test your body in new ways. "Being outside is a change of pace," says Carla Braca, the trainer who started the Westchester Adventure Boot Camp for Women. "It's so energizing." Which is good for those of us who (occasionally!) lack the motivation to move (or climb) mountains. And while "boot camp" may conjure images of drill sergeants and push-ups in the mud, Braca promises her class "will kick your butt in the friendliest way possible." Her program changes daily to include activities like hiking, yoga, and kickboxing, so you'll probably find yourself slim before you can say, "Drop and give me 20."

**TRAINING TYPE** Cardio, strength, agility

**CALORIES BURNED IN 30 MINUTES** from 250 to 350

**WHERE IT BURNS** Everywhere! You'll work your core. Your legs will benefit from jogging, walking, and jumping rope. Expect sore arms after lifting weights, and a sore everything after full-body workouts like kickboxing, yoga, and Pilates.

**PACK A SNACK** A good post-workout breakfast—like a whole wheat bagel with all-natural peanut butter—combines whole grains and protein to rebuild muscle tissue and boost energy. For more healthy snack tips, Braca offers a one-hour

nutrition consultation right before camp starts, where a dietitian can help you plan your healthy-eating regimen.

**WARDROBE** Running shoes, workout wear, small hand-weights (three, five, or eight pounds), and an exercise mat  
**COST** \$329 four-week program, one hour per day, Monday-Friday, 5:30, 7:30, and 9:15 a.m.; \$299 three days per week

**GET MOVING** Classes held at Reis Park (82 Primrose St.; Somers) and the Boys & Girls Club of Northern Westchester (351 Main St.; Mount Kisco). Register at 960-4494 or at [westchesterbootcamp.com](http://westchesterbootcamp.com)