

# MIAMI

HEALTH SCENE

## Bodies in Motion

The city's newest fitness regimens are nowhere near a gym, but that doesn't mean they're any less intense. Check out the workouts that have Miami panting for more. —LRR



SWEAT & SAND Shred Beachcamp takes the workout outdoors.

Guy Central: Fashion, Toys & A  
The Art Scene's New It-Boy  
Nightlife's Game Changer  
Earth Day Eats  
Rides of Your Life  
The City's Top Tailors

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**The Place**

**The V-Yoga.Fitness. Spa Wellness Program at the SLS Hotel**

1701 Collins Ave.,  
Miami Beach,  
786.423.7590,  
slshotels.com/  
southbeach

**The Program**

Celebrity trainers Tracie and Christopher Vlaun developed this regimen, which includes seven exercise concepts designed to target different fitness goals, including weight loss, flexibility, strength, endurance and overall mental clarity.

**For The Guys**

Performed on the sand by the ocean, **Shred Beachcamp** is a high-calorie-burning workout that touches on everything from plyometrics to yoga to prep that bod for the shirtless days of summer ahead.

**FlyBarre at FlyWheel**

1919 Purdy Ave.,  
Miami Beach,  
305.763.8227, florida.flywheelsports.com

A complement to FlyWheel's indoor cycling classes, FlyBarre offers body-sculpting sessions that blend elements of circuit training, yoga, dance, Pilates and stretching.

**FlyBarre Sport** focuses on the upper body and core with heavier lifts for men who want to get their weights and cardio on all at once. Ryan Gosling six-pack, here you come.

**Dr. Etti's Wellness Center and Miami Martial Arts Academy**

6550 Collins Ave.,  
Miami Beach,  
855.955.8489,  
dretti.com

Holistic nutritionist Dr. Etti Ben-Zion and fiancé Joseph Drabkin have joined feel-good forces for this wellness center. She oversees all matters related to detox and dance. He takes care of the jumps, kicks and chops.

While we don't advocate violence, a gentleman should be prepared for anything. The **Cardio Kickboxing** class teaches self-defense techniques while burning 1,000 calories in an hour.



FOR HER!

## One of a Kind

Weather isn't the only thing heating up this spring! One whiff of **Desire by Dolce & Gabbana**—an Oriental floral boasting notes of mandarin, lychee, bergamot and lily of the valley—and romance blooms anew. Cast as the complex woman of many moods, sultry Scarlett Johansson is the face of the fragrance, exuding its captivating essence. Bottled in dramatic matte black with gold etching and Stefano Gabbana's fetching handwritten script, this sensuous eau de parfum—successor to D&G's popular The One—recaptures the heart's desire. \$93 for 1.7 fl. oz., Saks Fifth Avenue stores

—Beth Weitzman

