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3/21 - 3/22 Michael Buble  
3/14 - 3/15 Lewis Black  
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TODAY IS  
WED FEB 20  
24° F

Let 'em See You Sweat  
January 1, 2008  
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Call it a backlash against being dubbed fat and ugly but it seems like 2007 was the year fitness finally gained a foothold in Philadelphia. Private yoga and Pilates studios opened one after another. Striptease aerobics and pole dancing classes went the way of mainstream. Gyms even traded in their antique cardio equipment for treads and bikes with personal flat screen TVs. Read on for the best in belly dancing classes, boot camp and personal trainers for your 2008 fitness resolutions.

City Fitness

Warehoused-sized gym on the outskirts of Old City offers all the latest amenities. Go For: Belly dancing, boot camp, mommy and me yoga, cardio equipment with personal LCD screens. Stay For: Check your email (again) in the free WiFi lounge. Membership: Monthly, annual and day pass options available.

Optimal Gym

The former 24-hour Pennsport Gym cuts back the hours and upgrade the offerings for its block-below-South Street nabe. Oh, and the trainers are super hot. Go For: Spinning, racquetball, express abs, sun deck. Stay For: The Opti-Lab Package, a multi-month, 32-session training program that cleans up the mess you've made of yourself over the holidays. Membership: Schedule an appointment for rates.

Lithe Method

Rittenhouse mommies and midtown execs work their cores (that's Pilates speak for toning up your midsection) at Lauren Boggi's second Lithe Method. Go For: Target-training programs like Skinny Jeans and A-List Abs plus therapy classes that cater to post-op breast cancer survivors. Stay For: Super-soft threads from Om Girl and Cocoon in the Lithe boutique. Membership: Group, private, duet and trio sessions, at-home classes; call for rates.

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