



August 10, 2005



TODAY IN  
**EVERYWHE**  
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## Active Duty

Circle the statement that best describes you.

You'd like to be fit, but you'd rather:

- a) take a nap.
- b) have a cold beer.
- c) not think about it.



Can't choose? Scared to admit the truth? Then it's time to enlist in Pure Power Boot Camp, a rigorous military-style training program located in NYC's don't-ask-don't-tell neighborhood, Chelsea.

Base camp, so to speak, is a loft-turned-army barracks that includes the city's only indoor obstacle course, which was modeled after Fort Knox. The co-ed platoon (that's you, soldier) even wears fatigues to work out.

In one action-packed hour you'll be pushed from every angle and sweat like you never have before: rolling logs, hauling sandbags, swinging on monkey bars, and throwing yourself over ten-foot walls. You might puke. We almost did. Apparently, a lot of first-timers do.

Too hard-core? No way. Programs are available for (non-)athletes, new moms, brides, teens, and corporations (imagine: you + your VP = wheelbarrow race). Thinking of going AWOL? Sergeant Lauren Brenner (the badass in the camo bikini top) will hound you on your cell, stop by your office, and call you a sissy weenie until you show your sorry face again.

If you don't see results after six weeks, Brenner will train you herself for free.

After which you'll need to take a nap, have a beer, and not try not to think about it.