

# Time Out

The obsessive guide to impulsive entertainment  
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## New York

**Annual fitness special!**

What's new at NYC's  
mega-gyms

Workplace workouts

Pilates for men



# Get **FIT** fast!

How to shape up in  
a New York minute  
(well, 30 days...)



**INSIDE:**  
**245**  
free events  
listed!

JUST OPENED



**Special ops** It's a jungle out there, and no one knows it better than ex-Morgan Stanley employee turned fitness pro, Lauren Brenner, whose new venture is **Pure Power Boot Camp**. The tiny indoor battlefield in camouflage colors is harder to tackle than it looks, and former military drill sergeants are on duty to whip clients into shape. Hourly sessions will have rookies climbing ropes and jumping through tires in eight-member platoons. Special corporate programs work on team-building and fitness, pitting groups of the same or different companies against one another. Glug your customized fitness shake, this is war. *38W 21st St between Fifth and Sixth Aves (212-414-1886). \$895 for six weeks; \$37 per session.*