



SELF APPROVED

OUTDOOR BOOT CAMPS

→ Working out in the sunshine can be more fun than any gym—and more challenging, too, as you power through high-intensity drills on sand, grass, asphalt and stadium steps. BY JAYME MOYE

Minardi Beach Workout

EAST HAMPTON, NEW YORK

Year-round Hamptonites and weekend visitors alike flock to these 75-minute sessions (pictured above) taught by personal trainer, yogi and former pro cyclist Jimmy Minardi. Classgoers cheer each other on as they do push-ups on driftwood, splash through shallow water and race around cones and low bars in the sand. Every meetup is BYO beach towel—you'll need it for the killer ab circuits. *Reporting by Amanda MacMillan*

Basic Training

SAN FRANCISCO

Between squats and planks, this six-week program leads boot campers on scenic city tours—from the Palace of Fine Arts to the Marina, over the Golden Gate Bridge or up the infamous Lyon Street Steps. Insider tip: Bring gloves for strength training on the pavement. *Reporting by Devin Tomk*

Beach Cross Bootcamp

MIAMI

Sunscreen is a must at this oceanfront class, created by fitness power duo Tracie and Christopher Vaun and held at the buzzy Miami Beach Edition hotel. Expect high-intensity cardio, strength and core training with a yoga cooldown. Towels, water

and fruit are provided to all classgoers, hotel guests or not. *Reporting by Ana Mantica*

Bulldog Bootcamp

CHICAGO

When your (female) instructor goes by Sergeant Friday, you know you're in for a serious workout. Classes meet mornings and during "happy hour" in Lincoln Park for on-the-grass plyometrics, running drills and body-weight exercises. Workouts don't repeat for a full 12 weeks. *Reporting by Jessica Alfale*

Core Fitness

PHILADELPHIA

Channel your inner Stallone with this total-body boot camp held at the Museum of Art's Rocky Steps. The instructors use stairs, ramps, fountains and trees as fitness props. Modification options for every move mean all fitness levels are welcome. *Reporting by Ashley Primis*

It Burns Joe Fitness

DENVER

Red Rocks Amphitheatre hosts hundreds every Sunday for the city's toughest workout—and it's free! Trainer Joe Hendricks has amassed a band of followers who gleefully shout "It burns, Joe!" when the jump-clap burpees and single-leg push-ups get grueling. *Reporting by Jayme Moye*

Kiwi Life-Lift

LOS ANGELES

Workouts with trainer Robin Hall, a class clown type from New Zealand, vary from Ultimate Frisbee matches to trail runs around Griffith Observatory with views of the Hollywood sign. One of Hall's mottos is "Fail your way to success"—meaning that if you work your muscles until failure, it will only make you stronger. *Reporting by Courtney Rubin*

November Project

VARIOUS LOCATIONS

Part organized play, part workout, this free exercise movement meets in 19 cities (and counting) year-round. In Boston, the project's founding city, weekly sessions include running as many of the 37 sections of stairs at Harvard Stadium as possible. Even more impressive: Meetups can draw up to 1,400 people and have never been canceled because of weather. *Reporting by Courtney Rubin*

Outdoor Training C.A.M.P. XT

NEW YORK CITY

Former pro footballer Curtis Williams trains his athletes with a mix of drills, resistance-band work and burpees (or up-downs, as they're called) in Central Park. Class ends with an all-out "fourth-quarter finisher" set and team huddle. *Reporting by Amy Schlinger*