

bikini-body workouts

A trio of calorie-busting classes to get you slimmed down for body-baring season.

By Natalie Kurz

Shake Your Booty Slim

From the people that brought you Cardio Strip Fit comes the latest craze in dance-based workouts. Part workout, part dance party, **Zumba** pairs pulsating Latin rhythms with hip-shakin' moves from cumbia, salsa, samba and merengue, combining fast and slow beats with resistance training to burn fat fast while sculpting your hips, abs and butt to fill out a super-cute boy short bikini (The Fitness Studio, Clayton, 314.863.4803, fitsexybody.com).

Gonna Make You Sweat

Get total-body toning with **The SWEAT Workout**, guaranteed to make you, well, sweat. Based on interval training, which alternates timed spurts of activity with brief rest periods, this high-energy class melts pounds with boxing, abs and leg exercises and weight work to maximize the burn while minimizing your waistline. Think how rockin' you'll look in a two-piece with volleyball player abs and boxer arms (SWEAT St. Louis, Clayton, 314.725.2714, sweatstlouis.com).

Back to Bootcamp

This camp is no sleep-away slumber party. Filled with high-intensity cardio, the **bootcamp at Santé** combines strength and agility training with core conditioning to build muscle and melt flab for a super-sexy summer body. The perfect antidote to a lazy winter (Santé at the Chase Park Plaza, Central West End, 314.633.3020, santechase.com).



beauty buzz: skin is in!

5 summer must-haves for skin, hair and body.



FOR YOUR FINGERS:
Inspired by sizzlin' South Beach, **OPI Feelin' Hot-Hot-Hot!** nail polish is as sultry as summer itself (\$8.50, Dillard's).



FOR YOUR FACE:
Protect skin from sun damage while imparting a luminous glow with **La Mer The SPF 30 UV Protecting Fluid's** exclusive photonic spheres (\$65, Neiman Marcus).



FOR YOUR CHEEKS:
Create a perfect, subtly shimmering summer glow with the floral-inspired **Estée Lauder Vivid Garden Illuminating Powder** (\$32, Nordstrom).



FOR YOUR LASHES:
Get perfectly separated, clump-free lashes with **Prescriptives Motor-Eyes Instant Action Mascara**, a vibrating lash lengthener that also delivers extreme volume (\$32, Macy's).



FOR YOUR TRESSES:
Shield hair from UV damage with **Warren Tricomi Resort Ready Travel Kit**, packed with a mini shampoo, conditioner, hair shield and hairspray (\$32, Soft Surroundings).

Photos courtesy of OPI, La Mer, Estée Lauder, Prescriptives and Soft Surroundings.