

CLASS

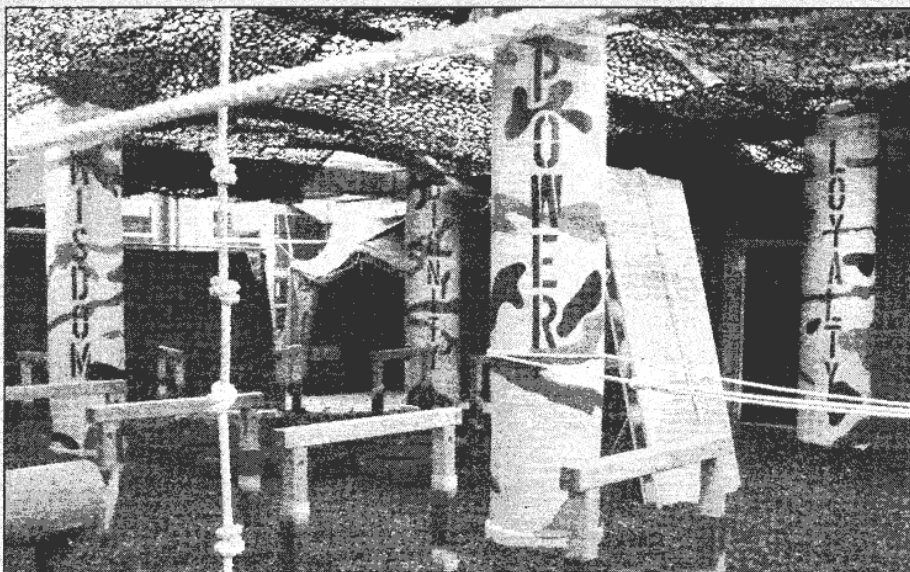
Pure Power Boot Camp

An indoor playground for the soldier in you

What: Pure Power Boot Camp, a unique indoor obstacle-course training center. When you step off of the elevator on the second floor of this Flatiron District gym, you're greeted by a life-size statue of a screaming marine with a machine gun in his hand. The walls are covered with green camouflage netting, the changing rooms are Army tents, and the students all wear standard-issue military outfits and dog tags during the class. It's easy to assume that this is

carries, pushups, jumping jacks, kick-boxing, sit-ups and more. Instead of weights, class goers use canteens filled with water.

Who: The classes include everyone from rock-hard women to overweight guys trying to lose some pounds. My class included a former military man who vowed that the Pure Power workout was tougher than anything he'd done in his military training. This is a perfect alternative for people who get bored at the gym.



Pick your poison. Will it be the rope climb, the hurdles, the tire run or the wall? Pure Power Boot Camp brings the obstacle course inside.

all a gimmick, but Pure Power is the real thing, offering one of the toughest hourlong workouts in the city.

How: The main features in the 6,500-square-foot studio are the obstacles in the center of the room. During the class, students are led over, through and under the cargo net, low barbed-wire crawl, hurdles, monkey bars, walls that must be scaled and a variety of other objects, all modeled after the real obstacle course at the Fort Knox military center.

Instructor Lauren Brenner, also the club owner, leads students in nonstop activities, bringing up their heart rates and never letting them slow down. Participants can expect to do sandbag

The Instructor: Brenner, who teaches in a stomach-baring camouflage outfit, should have been a military drill instructor. She joins in many of the exercises and screams at participants, asking them to name the "11 principles of leadership" while they do pushups (the principles are etched into the posts on the obstacle course). Fear is a great motivator.

Cost: A six-week program with training four times a week costs \$929. If you attend every session and still don't meet your fitness goals, Brenner will train you for free.

More Info: Check out the website at www.purepowerbootcamp.com, or call 212-414-1886.