

PATRICK(hottie!) DEMPSEY

InStyle



Hilary Swank
In Love?

SHINY HAIR
Every Single Day

beauty workout

27 NO
You'll love!

Get the
BODY

Magic Beans

Indulge your sweet tooth (and get a hit of energy) before and after exercising. Sport Beans by Jelly Belly, packed with electrolytes and vitamins B and C, come in orange, fruit punch, berry blue and lemon lime. And at only 100 calories a bag, they won't sabotage your workout. \$1 for 1 oz. bag; sportbeans.com.

What's New in Fitness

Best Celebrity Weddings
The latest, greatest gear to get an all-star workout every time

by POLLY BLITZER
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Add Water

Leave sugary sports drinks in the dust. Kate Hudson and Jennifer Garner hydrate with vitamin-rich Propel Fitness Water, now in powder form (20 calories; \$3.50 for 10; at drug-stores). Lindsay Lohan recharges with the amino acids and electrolytes in Amino Vital Mix-and-Shake (15 calories, \$10 for 5; amino-vital.com). And Luna Elixir delivers antioxidants (50 calories, \$1; drug-stores.com).

Dove's Bodies
Got exercise ADD? Sandra Oh and Sarah Chalke stay svelte with hula hoops and cha-cha steps. \$20-\$25; at Dove's Bodies in L.A., 818-980-7866.

Technical Support

The fibers in Champion's new Vapor sports bra are made from activated carbon and coconut derivatives; together they repel moisture, suppress odor and keep your body and skin cool from UV rays. \$40; champion.com

Good Vibes

Fortysomething Madonna maintains her twentysomething bod with a vibrating Power Plate machine. The

class action

The secret's out: Here's how Hollywood's hottest bodies stay lithe and lean

Ellipticore
Nicole Kidman tones up at Tevia Celli's 45-minute interval class, taught on cross-training machines. \$20; at Body & Soul in L.A., 310-659-2211.



er Pilates Shot
Moore and Swank target core with boxing and trampolines. \$15; download erpilates.com.



818-980-7866.



Physique 57
Rigorous postures at a ballet barre target and tighten tummies, buns and thighs. Look out for Sarah Jessica Parker. \$30; at Physique 57 in N.Y.C., 212-399-0570.

Xflowtion
Set to live rock music, yogi Eric Paskel's class mixes dance, yoga and martial arts. Shannon Elizabeth and Jessica Biel jam here. \$50 for DVDs at xflowtion.com.



Indo-Row
Estella Warren takes classes featuring drills and timed races on rowing machines. \$35 for guest pass; at the Sports Club/L.A., 310-473-1447. ■

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\$3.99US



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