

[TRAVEL & RECREATION]  
FITNESS

BODY BEAUTIFUL

## Fitness Divine

We're well aware that membership has its privileges, but at the new **Anatomy at 1220**, those fringe benefits may just include a killer set of abs and a longer life. Before you can sweat here, however, you must sweat through an application process. Once initiated (into packages that vary from \$250 to \$1,500 per month), the perks are plentiful. In partnership with the Miami Institute for Age Management and Intervention, the 13,000-square-foot venue offers an on-site lab with medical testing that includes bone density scans, EKGs, cardiac stress examinations, posture analysis and biomarker assessments, all of which are then considered for client-specific regimens. Training areas cover all the basics and then some with weights, cardio equipment, group exercise classes and even a high-altitude chamber that delivers the benefits that training thousands of feet above sea level brings with it. Equally impressive is the aesthetics of the place, thanks to 30-foot-high ceilings, hardwood floors, Lucite chandeliers and a grand staircase meant for equally grand entrances. "Our concept is to provide a special place for members to sweat, enhance and recover all under one roof," says founder Chris Paciello, the nightlife impresario whose own impressive physique is Anatomy's best endorsement. "Everyone wants to be a better version of themselves, and we provide all the amenities to support that desire." And then some.

1220 20th St., Miami Beach,  
786.213.1220, [anatomyat1220.com](http://anatomyat1220.com)  
—Luis R. Rigual

WORKOUT WONDER The gym floor at Anatomy at 1220



TEACHING BY EXAMPLE  
Trainer Erika Boom  
(with her 3-year-old son  
Oliver Lucas) believes  
fitness and motherhood  
go hand in hand.

HEALTH BUZZ

## MOMMY FITTEST

AT BELLY-N-KICKS STUDIO, TRAINER ERIKA BOOM WHIPS NEW AND SOON-TO-BE MOMS INTO SOUTH BEACH SHAPE.

By Becky Randel | Portrait by Nick Garcia

When it comes to the battle of the bulge, Erika Boom believes preemptive strikes are the secret to winning the war. The trainer practices what she preaches at Belly-n-Kicks, a Miami studio dedicated to keeping women in bikini-ready shape during and immediately after pregnancy.

"We have a very specific methodology," says Boom, who is certified in personal training, health and nutrition from the American Council on Exercise. "I focus on strength training and keep clients on track so they gain no more than one pound per week. If you stick to the program, you bounce back to your pre-baby weight, or maybe even less, within a month of giving birth."

Boom's no-nonsense approach (with sessions starting at \$99 per hour) has won her a loyal clientele of TV personalities, like CNN En Español anchor Mariela Encarnacion, and A-list sportswives, including Faith Rein and Connie Montoya—

whose post-bump, Googleable results speak for themselves. Each 40-minute class combines Boom's aforementioned strength training techniques with isometrics and controlled stretching, while the last five minutes of the routine are reserved for pelvic floor work and core stabilizing exercises.

Up next for the trainer is an expansion of her Fit Mama line, a collection of workout garments that began simply with gauzy tank tops and has now grown to include capris, leggings, shorts and sports bras (\$40 to \$100 per item). And this month she's also launching an app that alerts clients to new additions to the line—not to mention reminds them to get to the gym.

"I really believe that when women take care of themselves, they're better prepared to deal with the demands of motherhood," adds Boom. "Kids are happy when we're happy." 258 SW Eighth St., Miami, 305.300.6628, [belly-n-kicks.com](http://belly-n-kicks.com)