

# TOP SPAS & WORKOUT STUDIOS IN THE HAMPTONS

by Nancy Kane





From high-intensity workouts to holistic spas, the Hamptons is a luxurious destination to rejuvenate the body and mind. Here's our guide to the best celebrity trainers, gyms, and wellness sanctuaries on the East End.

## Tracy Anderson

With a method based on activating and challenging the accessory muscles, Anderson has worked out top Hollywood stars. Her two Hamptons studios offer group classes as well as personal training sessions.

*903 Montauk Highway, Water Mill; 1 Bay St., Sag Harbor*

## Gurney's Montauk Seawater Spa

Newly open after a 20-million-dollar renovation, the 30,000-square-foot destination is now bigger and better. The only ocean-fed seawater pool in North America features a caldarium, thermae baths, sauna and steam, and a salt room in addition to a workout studio.

*290 Old Montauk Highway, Montauk*

## Equinox X Hamptons

The brand's Hamptons outpost offers group fitness classes, juices, cold brews and a selection of workout wear available on site. Rotating pop-ups round out the experience. There's even valet parking.

*204 Butter Lane, Bridgehampton*

## Barry Boot Camp's

High-intensity workouts have gained the studio cult-like status. A-List instructors and curated playlists deliver high powered energy in every class, but Barry's signature HIIT workout in the "Red Room," takes it one step further. Want a less aerobic workout? Choose The Double Floor.

*10 Montauk Highway, Southampton; 352 Montauk Highway, Wainscott*

## Soul Cycle

With locations throughout the Hamptons, Soul Cycle has revolutionized indoor cycling and acquired a vast group of brand devotees. Their full body workouts deliver, with intensive cardio sessions set to music that keeps you moving.

*15 S. Edgemere St., Montauk; 264 Butter Lane, Bridgehampton; 68 Newtown Lane, East Hampton*

## Shou Sugi Ban

Inspired by the Japanese principles of wabi-sabi, this tranquil retreat's menu of services include facials, massage, and body treatments with services such as reiki, lymphatic drainage, and hydrotherapy. Additional highlights include five-star meals, hikes to the beach, intuitive painting and boat excursions. Reflective pools, gardens and fountains provide a landscape for your wellness journey.

*337 Montauk Highway, Water Mill*

## Organic Edge

The 1200-square-foot wellness sanctuary offers targeted cryotherapy, infrared sauna pods, colonics and Emsculpt – a body sculpting machine. Holistic practitioner Shannon Conklin works with clients to set a program of holistic practices to get every "body" back to optimum health.

*2 Montauk Highway, Water Mill*

## Montauk Salt Cave

Relaxing for an hour in a salt cave can do wonders for your health. Salt caves are known to clear allergies, detoxify, as well as rid the body of viruses and inflammation.

*552 W. Lake Drive, Montauk*