ROCK YOUR BODY

45 Fab Ways to Get Fit, Look Great and Spoil Yourself Silly—All in Atlanta!

Buckhead Boot Camp Butt-Kickers

The Man Behind Usher's Killer Abs

Yoga That Make You

GI JANE

Leigh Crews trains the U.S. Military fitness staff in Japan and Korea, and was named "One of America's Best Trainers" by Vogue magazine. Now, this 5-foot-tall native of Rome, Ga., goes toe-to-toe with Hollywood's "go-to" trainers to bring personalized, celebrity-style workouts straight to your iPod with Podfitness. "It's your own personal trainer on your iPod with the music you love," she says. "So, if you want to do yoga to rock music, you can." Leigh Crews-Dymland Inc., 706.295.7833 or www.leighcrews.com.

Podfitness, 888.4PODFIT or www.podfitness.com.

PLUS

WEDDINGS THAT WOW!

SUMMER'S COOLEST CONCERTS

ROBERT DOWNEY JR. ON MARRIAGE, MOVIES & MUSHROOMS

TRAVEL SPECIAL

MARRAKECH, CAIRO, DUBAI, SEDONA, VEGAS & THE NEW DESERT CHIC!