

RIVIERA



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THE HOLLYWOOD ISSUE!

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Rocking with S.D.'s Renegade Chef

and all the best parties!

ON THE BELL

Stash that yoga mat along with those free weights in the garage. Kettlebell has arrived in La Jolla. This strength and conditioning workout is the latest to combine the benefits of yoga with weight lifting, adding flexibility and tone to bodies. Though they may appear as wrecking balls, with a starting average weight of 18 pounds for women and 36 pounds for men, the only thing they will be destroying is fat. Inches are whittled down with movements like the Swing, which targets the entire body but focuses on the butt and thighs. A single workout left legs so sore, the 15 stairs to our office felt like 15 flights. Founder of Iron Core, the kettlebell training center in La Jolla, Sarah Lurie teaches private lessons and classes for people looking to step out of the gym and opt for a total body workout that in one hour will have even the most in-shape types wishing for the showers. "Kettlebell exercise trains the body as a unit, rather than in isolation, like traditional weight lifting," says Lurie. In other words, prepare for pain. Iron Core, 5726 La Jolla Blvd., La Jolla, 858.551.2673.

STAR POWER