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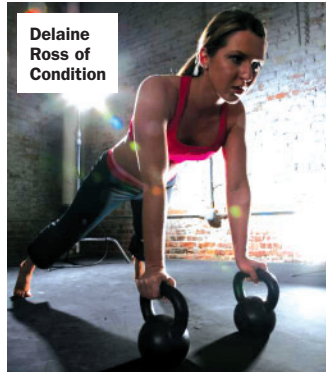
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LOCATED IN ATLANTA'S HISTORIC DISTRICT



Delaine Ross of Condition



Amber O'Neal of Café Physique trains her clients to stay in shape and have fun doing it.

FIT AND FABULOUS

Want to lose weight, but don't know where to start? Or maybe you just want something to spice up your now-stale workout. Here are your best bets

BY COLLEEN OAKLEY

Since I've been doing this column, people keep asking me: "What's the best workout you've done?" It's a tough question, because it depends on what the asker means by "best"—most fun?

Hardest? Best for losing weight? Most intense?

So this week, I'm giving out superlatives to my fave fitness places in Atlanta. It's my version of the Oscars (without the fancy dresses, beautiful celebs and annoying red carpet interviews).

BEST WEIGHT-LOSS WORKOUT: **DECATUR BOXING BOOT CAMP, 678-687-2983, WWW.DECATURBOXING.COM**

When you work out five times in one weekend, and eat really healthy food (read: no French fries or beer), how can you not lose weight? Boxing with the baddest pads in Atlanta, not only will you drop a pants size or two, you'll have a lot of fun doing it! The next boot camp is in September.

BEST DANCE STUDIO: **DANCE 101, 404-542-3887, WWW.DANCE101.ORG**

The only adult dance studio in Atlanta for people of all dance levels, Dance 101 even makes those of us with two left feet feel comfortable. If there's a type of dance you've wanted to learn, chances are they teach it. The latest class this summer? Disco. Squeeze into those spandex bell bottoms, and watch out, John Travolta!

MOST INTENSE WORKOUT: **CROSSFIT ATLANTA, 404-862-6580, WWW.CROSSFITATLANTA.COM**

The people at this gym are not messing around. They are there for one reason only—to get in shape, and they know just how to do it. If you want to sweat until you bleed, and check out the most ripped bods in Atlanta while you're at it (yum!), this place is for you.

BEST FOR MORNING PEOPLE: **COREFITNESS BOOT CAMP, 678-491-1139, COREFITNESS2002@YAHOO.COM**

At 6 a.m., a group of hardcore Atlantans isn't sipping lattes or packing lunches for the kids; they're at Chastain Park doing squats and sprinting up hills. It's a great hour-long workout that clears the brain, pushes the body and will make you sharp for your 9 a.m. presentation.

BEST FOREIGN WORKOUT: **CONDITION KETTLEBELLS, 404-380-1111, WWW.GYMCONDITION.COM**

The Russians are good for something—they gave us a super-hard workout with strange-shaped weights called kettlebells. Delaine Ross brought it to Atlanta, and she can show you exactly how she got her ripped abs and arms.

MOST FUN WORKOUT: **POLELATEAZ, 404-399-3358, WWW.POLELATEAZ.COM**

Sorry, dudes, this one is just for the ladies. If you want to laugh with your girlfriends, get a workout and feel like a sexpot all in the same day, take the pole-dancing class at this girlie, pink-filled studio. Sounds crazy, I know, but trust me, it's the most fun you can have with your clothes (kind of) on.

BEST MALE TRAINER: **CRAIG HRAGYIL, AT KNUCKLE UP FITNESS**

He's encouraging, he knows how to push you to your limit (and sometimes beyond it), and he's not hard to look at (sorry, ladies and gay men, he's straight and taken). If you need to take your workout to the next level, Craig's your man.

BEST FEMALE TRAINER: **AMBER O'NEAL AT CAFÉ PHYSIQUE, 404-444-2857, WWW.CAFEPHYSIQUE.COM**

She's friendly, warm and fun to be around. She also knows how to kick your butt in a workout. Whether you're doing Pilates at the home-like studio, or she comes to your house (with her own equipment) to kick-start your fitness, you're sure to get a good workout—and have a good time. **SP**

Colleen Oakley is a freelance writer in Atlanta and the former editor of Women's Health & Fitness magazine. Got a fitness challenge for her? E-mail her at colleen@sundaypaper.com.