

WEEKEND

TROPICAL LIFE

INSIDE

MUSIC: MAINSTREAM
COUNTRY, GET READY
FOR A SHOCK

34

ONSTAGE: THESE
'UNDERPANTS'
AREN'T FOR KIDS

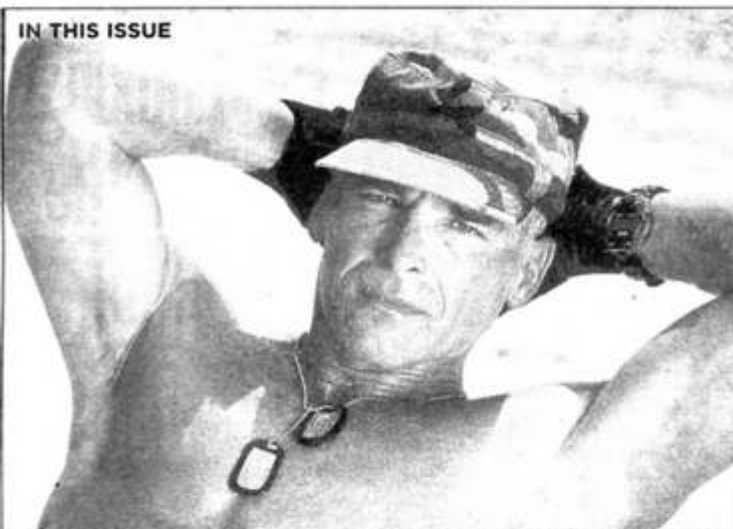
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PREFER TO
GET YOUR
WORKOUT
IN THE
SUNSHINE?
THERE'S A
FREE GYM.
IT'S CALLED
THE BEACH, 6

Work it out



PLUS: MOVIE LISTINGS, DINING DIRECTORY, TV, PUZZLES & COMICS



6 SPOTLIGHT STORY
TOUGH ENOUGH

Retired Army officer Bob Weinstein (photographed by Gary Schwartz) runs the Beach Boot Camp, where hardy souls improve their bods with rigorous cardio, and strength and agility training.

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GETTING LISTED

Listings are published by the Herald free of charge on a space-available basis. Deadline for submission of notices is three weeks before publication. No listing will be published without a phone number. Mail or fax information to: **Cafender Desk, Entertainment, The Herald, 1 Herald Plaza, Miami, FL 33132-1693** or e-mail to: **NewsCalendar@herald.com** (Fax: **305-376-5287**). Call 954-764-7026 x 3355 from 1 to 4 p.m. weekdays.

GETTING TICKETS

You can buy tickets through Ticketmaster in person or by phone. For Ticketmaster outlets or to order by phone, call 954-523-3309 in Broward, 561-966-3309 in Palm Beach.

Weekend Editor

Sara Frederick, 954-764-7026, ext. 3646
sfrederick@herald.com

Broward Weekend Editor

Rochelle Koff, 954-538-7136
rkoff@herald.com

Design

Juan Lopez



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SEE MOVIE TIMES AT THE MOVIE SECTION

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REDEMPTION GAMES EXEMPT FROM THIS OFFER
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PREFER TO GET YOUR WORKOUT IN THE SUNSHINE?
THERE'S A FREE GYM. IT'S CALLED THE BEACH.



GET OUT THERE

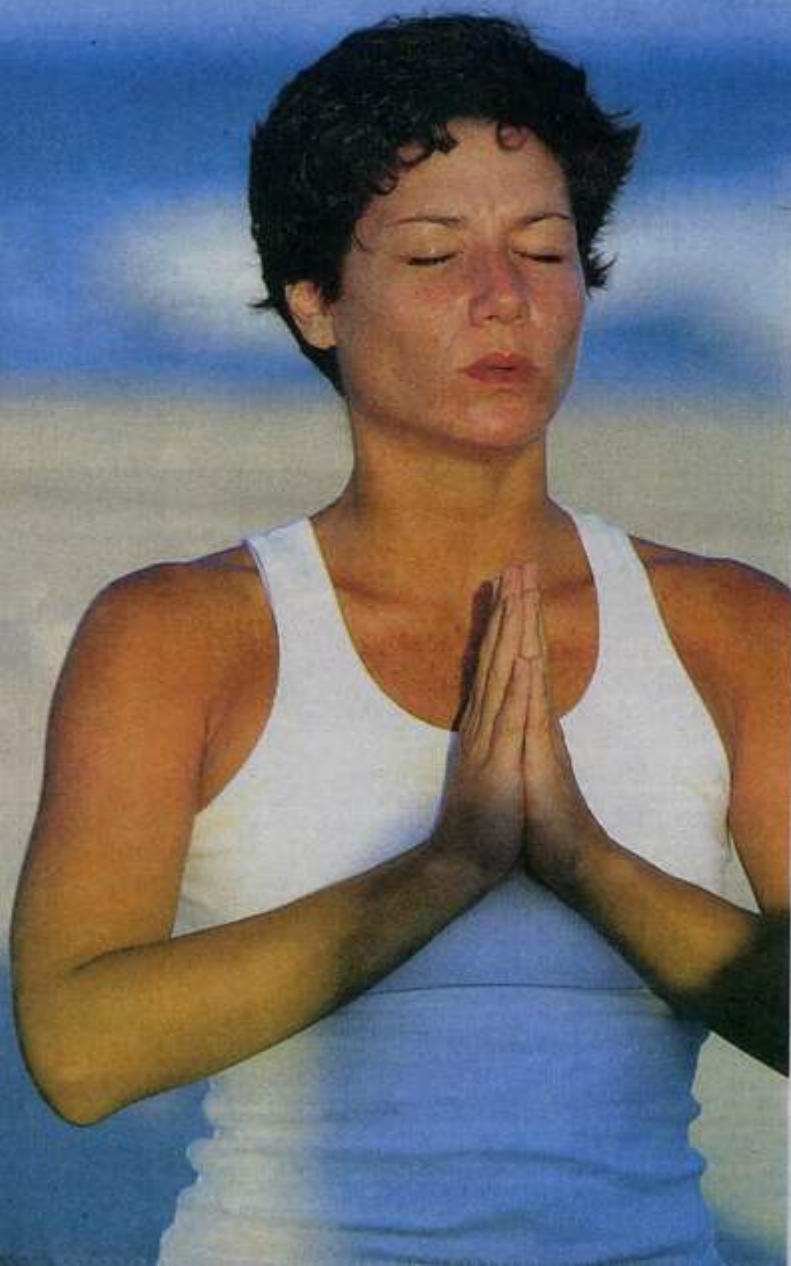
• Synergy offers a 90-minute yoga class for all ages on the sands of Ocean Drive and Third Street at 7 a.m. and 6 p.m. seven days a week in South Beach.

Joining in is by donation (\$5 per class is recommended). Call 305-538-7073 or visit

www.synergyyoga.org.

• Beach Boot Camp runs on the corner of Las Olas and A1A in Fort Lauderdale for \$15 per class (multiple sessions are available). Visit

www.BeachBootCamp.net for class descriptions and schedule or call 305-491-3573.



JARED LAZARUS/
HERALD STAFF

ON SOUTH BEACH:
Instructor
Andrea
Goldbaum leads
Synergy yoga
class.

Work it out

BY HOWARD COHEN
hcohen@herald.com

Long before there was a Bally's, Crunch or L.A. Fitness, nature provided the perfect gym. The beach.

Here's a gym with plenty of room to move around in and no waiting. No membership fees. Fresh air. No one else's sweat to towel off the machines.

Florida boasts 1,200 miles of sand beaches according to www.florida.com. That's one big gym.

With summer a month off and the surf already a comfortable 80 degrees, using the beach as a fitness center makes sense. You can combine typical beach activities — laying about with the latest mystery from Harlan Coben (don't forget the sunscreen) and splashing around with the kids — while toning and burning calories.

The options are plentiful — from organized classes to simply doing it on your own.

Joan Hage, vice president of South Beach's Income Real Estate, lives in a condo on Ocean Drive overlooking the Atlantic and has noticed a bustle of such activity on the sands.

"Yoga, kickboxing class. I'm seeing a lot more trainers taking people out to the beach doing lunges," she says. "They are making it more exciting than being stuck in a gym."

If classes inspire you, Synergy's yoga on the beach program has been popular for years. The South Beach studio offers a 90-minute yoga class for all ages directly on the sand at Ocean Drive and Third Street. Exercises include stretching, breathing, some strength building.

"It's extremely rejuvenating and calming with the salt air coming from the ocean," says Gaia Budhai, Synergy director. "There's nothing more powerful than looking out to sea while practicing as opposed to a wall in the stu-

dio."

The "songs of the waves" can also be used as a tool.

"One teacher has [the class] breathe to the waves," Budhai says.

"I never thought I'd be someone doing yoga on the beach," is how Hage says she felt about three years ago when she first spied the class working out. Hage has since become a proponent of beach exercising. "I love it. I can't live without it now," she says.

In addition to the yoga class, Hage can be spotted on the beach doing tai chi, push-ups or biking since the sand offers more resistance than riding on paved roads. (Make sure there aren't rules barring bicycles on the beach you select.)

"You can jump off the bike and take a swim to cool down. I love the sand, you get a better workout. I feel like a kid," she says.

For similar hardy souls, retired Army Lt. Col Bob Weinstein runs a 60-minute Beach Boot Camp on the corner of Las Olas and State Road A1A on the sand in Fort Lauderdale. Rigorous cardio, strength and agility training combine with calming ocean breezes and waves.

Beach Boot Camp boasts jogging, the use of resistance bands and body weight exercises — sit-ups, push-ups, etc. The program was the idea of Weinstein, 53, who says he was 20 pounds overweight and taking high blood pressure medication five years ago. Though a jogger, "My eating habits were terrible," he says.

Fed up, Weinstein lost the weight and says running fitness programs on the beach has become his "passion and calling."

His other classes include Abs-on-the-Beach — presumably so that "six-pack" can refer to your midsection rather than the brew you tote to the beach in a cooler — Hips-Thighs-Butt-on-the-

Beach and stretching.

"People pay thousands of dollars to enjoy this wonderful weather," he says. "Working out outdoors combines the recreational aspect and this wonderful environment. That ionized air coming off the ocean is healthy."

If organized classes aren't your thing, all you need is a little imagination.

Deerfield Beach is renowned for the shells scattered about its shoreline. Take a walk along the water's edge, bend, pick up shells, stand. Repeat. It's a fine cardiovascular workout you don't even realize you're undertaking.

(Environmentalists will love you if you modify this activity to visit any beach, take a long walk, and pick up trash along the seashore. Same cardio benefit and cleaner beaches. A bargain.)

Spread a towel and flash back to your old P.E. class. Do a round of sit-ups, followed by push-ups.

Miss the gym's weights? Try resistance bands, instead. For about \$10 or so you can pick up rubber resistance bands at a sporting goods store and toss them in your beach bag. You can mimic the effect of lifting weights and tone the biceps and triceps and use them to do squats.

Next, go for a run. Pick a landmark in the distance and head toward it. Running on the sand will work the leg muscles more than traditional asphalt or treadmill trekking. Beginners can stick to the water's edge where the wet sand is firm and lends some support. Strong runners can choose dry sand, which will work the calf muscles even more. A word of warning, however: The sand isn't even so careful not to twist your ankle in holes. Junior may have erected the Trump Tower of sand castles in your path and this is an obstacle to avoid.

Some local beaches make



PROVIDED BY BOB WEINSTEIN

WORKING AT IT: Bob Weinstein, above, who runs Beach Boot Camp, climbs palm. South Beach is sandy mat for a Synergy yoga class, below.

exercising even more enticing by offering fitness courses or equipment.

Fort Lauderdale's Hugh Taylor Birch State Recreation Area, for instance, features a 1.7-mile exercise course. The southernmost end of South Beach, at South Pointe along Government Cut, has pull-up bars and a few other ameni-

ties. Hollywood Beach, along the boardwalk, also has simple equipment like pull-up bars.

Of course, you can always do the old-fashioned thing and swim — just watch for those dangerous rip-currents that have plagued area beaches of late.

JARED LAZARUS/HERALD STAFF

