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Gym dandy

BY SUSIE WALL, THE PROVINCE JANUARY 18, 2011

It's a no-brainer. If you're in the market to develop a strong, sexy body a la Biel, Berry or Bosworth-circa-Blue-Crush, then you'll know that it's not about the trainer or waterproof mascara.

It's about the wardrobe, folks. So don't let last year's pilled-up yoga pants stand in your way.

Make like the pros and treat yourself to some bright and happy get-fit togs that promise to make the transition from cubicle to cardio far less traumatic.

And if you're like almost every woman in my life, you'll want to get thee to a shiny, brand new studio that's totally in the now and all the rage with movie stars like Drew Barrymore, Anna Paquin and Denise Richards. With a bevy of options in town, my vote goes to The Bar Method (vancouver.barmethod.com).

This bright, airy space combines yoga, Pilates and ballet into a floor and barrebased regimen for super sexy results. (P. S.: It's on the Yaletown end of Beatty Street so post-class you can pick up a party dress at Atomic Model and browse wallpaper at The Cross, all before meeting your pals for low-cal canapes at Goldfish. Jackpot.) As for inspiration, if these cutie-pie separates don't cut it, You're on your own, barre star.

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