

Beauty, Health, *and* Fitness

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Bikini Ready—How Vogue Staffers Are Getting in Shape for Summer



With visions of string bikinis, exposed thighs, and cropped tees—eighties trend du jour—coming into focus faster than you can sign the lease on a North Fork time share, we asked some of the ladies at *Vogue* to reveal what they're doing in the gym and at the grocery store to prepare for the coming months of dishabille. Here's how sixteen staffers are prepping for summer.

—*Megan Conway*

Jill Demling, Entertainment Editor

I am booty training three days a week with Jaime Morales and taking spin classes at a new studio called Flywheel Sports in the Flatiron District with Ruth Zukerman (founder of SoulCycle). With all this exercise I want to eat right, too, and I discovered a new company called **Cooler Cleanse**, which just launched in NYC as a new, healthy, eco-friendly, juice-based detox program. It tastes fantastic, and they deliver.