

FIT TO BE TRIED (ON)!

Six of the city's hottest trainers get their sweat on in stylish fitness gear
BY BETH LANDMAN • STYLED BY JULIA VICTOR



The LIFTER

Tanya Pollack, 24

GYM: Brook Sports Club NY
GEAR: Katrina Activewear tee, \$28 at katrinawear.com; Sport customizable bra, \$140 at 347-839-1684; Sport capri, \$96 at bluefishactivewear.com

WORKOUT TIP: Pollack uses free weights and a own body weight to build power and the body adapts to whatever demands you t, so constantly changing those demands is efficient way to train," says the redhead.

The YOGI

Danya Merson, 33

GYM: Jivamukti
GEAR: Tanya-B tie-dye halter, \$59 at Pure Yoga, 203 E. 86th St.; Splendid harem pants, \$93 at Equinox, 817 Lexington Ave.

WORKOUT TIP: "I like to encourage the devotional aspect of yoga," says Merson, who was instantly hooked after stumbling upon the practice at a gym 10 years ago. "It's important to link the body and mind with breath and attention." She helps teach her students to calm down and control their minds "by focusing inward and creating a world from inside out." The best way to do that, says Merson, is to sit quietly for 10 to 15 minutes every day, focusing only on the breath. That, she promises, will eventually lead to meditation.

The SPINNER

Sarah Mather, 28

GYM: Flywheel
GEAR: Stella McCartney cycling shorts, price upon request, available February 2011 at shopadidas.com; Zumbawear bra top, \$34.95 at zumba.com; Divine Wear rouged top, \$24 at Palma, 463 Broome St.

WORKOUT TIP: of the strong dra features tunes f Bruno Mars and my playlist," say belts out the wonder: She ma girls in 2005.

For those inte — along, Mathe feel like you are your shoe — no pedaling evenly shoulders down