

(SELF)

STARTER

FIT FOR A TRIP

→ *Come home from your next vacay with a couple of souvenirs: a fitter body and postcard-worthy workout memories.* BY AMY SCHLINGER

You've traveled all the way to paradise—why sweat it out in an uninspiring hotel gym? Now you can keep those *ahhh* vibes going in your workout, too. See the sights from Toronto to Rio de Janeiro on a Nike+ Run Club group run, or mingle with locals at a Nike+ Training Club class. (Sign up at Nike.com.) In the United States, explore a trendy 'hood on a jog with a City Running Tours guide (CityRunningTours.com)—she'll even carry your water and camera. Or try a buzzy boutique studio on the road with ClassPass Flex (free for members, ClassPass.com), which gives you unlimited access to hot workouts in 29 cities. Bon voyage!



SHAZAM THIS PAGE FOR SELF-APPROVED WORKOUTS AND RUNNING TRAILS TO CHECK OUT ON YOUR NEXT TRIP.