

FITNESS GURU, DOG RESCUER AND HOME-GROWN BLOGGER

KATIE OSUMI

Since a day in the life of Katie Osumi most closely resembles an endurance contest of marathon proportions, it's ironic that the one thing Osumi doesn't train people for are those famous 26.2-mile treks. A master of Spin cycling, circuit training and Pilates (for which she has developed her own trademark style called CorePlay), Osumi moves from one discipline to another multiple times daily. But it's not all tight abs and perky glutes; when she's not sweating it out with devotees of one of her many fitness classes, Osumi can be found rescuing golden retrievers, supporting seniors with Lou Gehrig's disease and penning her much-followed Web site and blog.

Coast discovered exactly what it takes to spend a sweat-filled, coffee-fueled day in the life of Osumi.



ED OLEN

4 a.m. Start first pot of coffee – Osumi's number one vice. Priscilla, Osumi's third golden retriever, which she rescued last summer, is the only one who will keep her company.

6 a.m. Teach indoor cycle class and Boot Camp Core at Equinox Newport Beach. Her early morning crew is on fire; Jay-Z's rap breakaways are inspiring. For an hour, Osumi and her class pretend they're rock stars.

GET IN SHAPE

■ **GO ONLINE** :: Check out Osumi's Web site, which gives tips on everything from fitness to nutrition, and allows you to customize your own personalized workout routines. You can also check out her CorePlay routine on the site, a high-intensity workout that mixes Pilates, martial arts and yoga to create long, lean muscles.

:: coreplay.biz

8:15 a.m. First visit to Starbucks. Osumi always drinks the strongest, blackest, venti drip – no room for cream, thank you very much.

9 a.m. Teach Pilates Circuit and CorePlay at Renaissance Club Sport Aliso Viejo. Osumi is trying out new choreography on her students for her CorePlay DVD. The grumbling, name-calling and finger gestures tell her when it's really good.

11 a.m. Peet's Coffee: Newport Beach

11:30 a.m. YogaWorks Newport Beach: teach two privates lessons and one CorePlay class.

2:40 p.m. Starbucks Bayside: you know the drill

2:45 p.m. Train in-home Pilates client. Usually, Osumi has to stop the session repeatedly to regain composure from a hilarious story her client, Susan, tells her, but today, a story about Susan's latest trip to an African orphanage is sobering.

4 p.m. Arrive at Vintage Senior Living in Newport Beach. In 2006, Osumi joined Extra Hands, an organization helping individuals living with Lou Gehrig's disease, which

has since disbanded, but she continues to make weekly visits to one of the friends she met. The woman tells her that the residents don't like Pilates because there's too much breathing and too little massage.

6 p.m. Dinner from Mother's Market, feed the dogs, work on Web site

7:30 p.m. Back at Equinox – there are brand new cycle bikes. Although it's late, and Osumi has been up since 4 a.m., she's happy to be here. Equinox has purchased top-of-the-line bikes with wattage, miles per hour, calorie counters, and RPMs – the best in the country.

9:40 p.m. The cycle class consisted of actually (and unexpectedly) training on the bikes. Afterwards, Osumi crawls to her car.

10:15 p.m. Osumi manages to stay awake for a couple of paragraphs of her latest read, *To the Lighthouse* by Virginia Woolf. She'll be back on a Spin bike in less than seven hours.

–JESSICA FORSYTH