

New ways to work out

Where to lift weights—and compete in a cage match, cheerlead or train like Randy Moss. Your localized guide to the freshest gyms and techniques, with programs low-key , intense , hard-core  or your choice of all three. By **Kate Lowenstein**



CityView Racquet Club

Long Island City gets a little bit swankier this month with the addition of a two-floor, 80,000-square-foot club on the top of the Swingline Stapler building. The place boasts seven Har-Tru tennis courts, four squash courts, a lounge, an outdoor deck, a juice bar and a full spa.

Rates: Per year \$4,000 plus \$1,500 initiation; off-peak per year \$2,200 plus \$1,500 initiation. 43-34 32nd St between Queens Blvd and Skillman Ave, Long Island City (718-698-3664)