

# THE HOTLIST

WHAT WE'RE OBSESSED WITH RIGHT NOW. By Mallory Creveling

## FIT TRIPS

### GET ZEN

Give your mind and body a break at one of these summer yoga events.

#### ► **MaineYogaFest**

(July 12 and 13 in Portland, ME; [maineyogafest.com](http://maineyogafest.com)). Mix up your practice with stand-up paddleboard and slack-line classes.

#### ► **Wanderlust**

**Squaw Valley** (July 17–20 in North Lake Tahoe, CA; [wanderlustfestival.com](http://wanderlustfestival.com)). It features runs, hikes, food, wine, and lots of music.

#### ► **Wake Up Festival**

(August 20–24 in Estes Park, CO; [wakeupfestival.com](http://wakeupfestival.com)). In addition to yoga, the retreat offers lectures, workshops, and concerts.

## SWEET DEAL SATURDAY SPECIAL

Give while you get with QVC Presents Super Saturday Live, hosted by Kelly Ripa. You'll score designer clothes, beauty products, and jewelry at half the manufacturer's suggested retail price. And the Ovarian Cancer Research Fund will collect 80 percent of the proceeds. The savings start on July 26 at 2 p.m.!



## FLIGHT PLAN

### Walk this way

Pass the time at Phoenix's Sky Harbor airport by walking the new 2-mile indoor trail. Move at a brisk pace and you'll torch more than 200 calories an hour while taking in the city's breathtaking views.

## GRAND SLAM MAKE A RACKET

Just as the Wimbledon Championships hit London this summer, legendary tennis gear manufacturer Wilson turns 100. To celebrate, the brand released the **Juice 100S racket** (\$199; [wilsontennis.com](http://wilsontennis.com)), which features "spin effect technology," a unique string pattern designed to improve your rotation on the ball, making it harder for an opponent to return.



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## FILM FORUM SUMMER BLOCKBUSTERS

Cool down at the theater with one of these hot new films:



*On date night, see...*  
Sex Tape

Cameron Diaz and Jason Segel play a married couple who wake up to discover the private video they made the night before has gone missing, forcing them on a frenzied search to track it down.



*Grab your friends for...*  
Boyhood

Filed with the same cast over 12 years, this tear-jerker follows the relationship between two parents and their son as he navigates grades first through 12th.



*Take the kids to...*  
Planes: Fire and Rescue

In this funny sequel to the animated hit *Planes*, an air racer switches careers to aerial fire fighting after damaging his engine.



## RACE DAY GIRL POWER

Grab your best gal pals (and sport your coolest costume) for a day of fun and fitness at **Shape's Diva Dash**. The women's-only 5K race will test your endurance, strength, and balance with obstacles like the rope climb, monkey bars, and balance beam. Fab prizes await you at the finish. Go to [divadash.com](http://divadash.com) for locations near you—and enter discount code **IMADIVA** for 10 percent off!

16 JULY/AUGUST 2014 [SHAPE.COM](http://SHAPE.COM)

## LOUNGEWEAR CUTE & COMFY

Meet your new weekend wardrobe staples: **Lou & Grey**. The collection features flattering tops, bottoms, and dresses made out of buttery soft fabrics, including this stripe mix dress (\$70) and knit denim jacket (\$98; [louandgrey.com](http://louandgrey.com)).



## FLASH BACK THE MIGHTY '90s

Feeling nostalgic for the *Macarena*, *Clueless*, and *Party of Five*? Don't miss National Geographic Channel's **The '90s: The Last Great Decade?** The three-night miniseries premieres on July 6 and features interviews with headline-makers like James Van Der Beek and Tonya Harding, as well as footage from the era's most notable shows and films.



Clueless photograph by Everett Collection