

## The Style List

BY EMMA YARDLEY

What caught our eye this week?  
Cool workout wear for hot days  
and woven footwear



Sports bra, \$29.95, H&M

### WORK IT OUT

Sometimes being properly kitted out before heading to the gym is just the motivation needed to, well, get to the gym in the first place. But in a sea of tight tank tops and bright, booty-hugging shorts, finding a fashion-forward workout wardrobe can be as exhausting as training for a marathon. Thankfully, in recent years the designs of sweat-prepped performance gear have advanced in leaps and bounds. The clothes are finally cool, the weather, finally, is not, and all excuses have dried up.



Ice-Watch Sili Forever orange rubber-strap watch, \$132, the Bay, [www.ice-watch.com](http://www.ice-watch.com)



Reebok EasyTone shoes, \$109.99, Sport Chek



Adidas by Stella McCartney Ladies Run Image Leopard Jacket, \$350, Sporting Life, 2665 Yonge St.

**PROM NIGHT:** We help you find the perfect dress for prom, whatever your style. In Thursday Living.