

## Best Hidden Bookstore

The key word when it comes to bookstore browsing is *cozy*. That's why **Bird & Beckett Books & Records** is so darn perfect: On a charming street in Glen Park, stacked full of not just new and used books but also lovingly worn jazz and classical LPs, B&B is exactly where you want to be on a foggy Saturday, leafing through everything from the *Noe Valley Voice* to the *Paris Review*. 2788 Diamond St., 415-586-3733, [bird-beckett.com](http://bird-beckett.com)

## Best Tourist Overhaul

If your last encounter with Alcatraz was watching *The Rock* on TNT, maybe it's time to make like a tourist and take a ferry out to the newly renovated (to the tune of \$3.5 million) facility. Upgrades include a new audio tour featuring interviews with former inmates and the restored Alcatraz Gardens, where you'll see some of the city's best-kept roses, believe it or not. [nps.gov/alca](http://nps.gov/alca)

## Best Outdoor Workout

Practically anytime you walk in SF, you're getting a workout. But

walking—or jogging or sprinting—the **Lyon Street Steps** is guaranteed to do for your heart and lungs what adoption did for Angelina Jolie's bad-girl image. Come early evening, join the myriad neighborhoodies going up and down (and up and down) the 288 steps. The reward at the top is a breathtaking view of the Marina—not to mention a longer life and a nicer butt. *Lyon Street between Green and Broadway*

## Best Personal Trainer

We heard from so many fans of **Jeremy Cheung** that we decided we had to try him out for ourselves. They were right: Honed at the National Academy of Sports Medicine, Cheung's no-nonsense approach to fitness goes deep. During your 50-minute sessions, you will stretch, do slow power movements and hold core-strengthening poses that look so deceptively simple, you may wonder why you're sweating and breathing so hard—and why you're so sore the next day. The answer is efficiency. Cheung makes sure to change things up so you don't plateau or get bored, and his stellar physique is matched by humility and a great sense of humor. And yes, as a matter of fact, he *is* single. [twistedtwilight.com](http://twistedtwilight.com)



BEST ICON: SF'S OMNIPRESENT SUTRO TOWER.

## Best Way to Get a Hobby

If, like us, you regret snoozing through home-ec class now that knitting and sewing are so damn hip, you can make up for it at **Craft Gym**. Whether you sign up for workshops, private lessons or general studio time, they provide the instruction, supplies and equipment; all you have to do is show up ready to learn your way around a needle—or ceramics, metals, paper, wood or textiles. 1452 Bush St., 415-441-6223, [craftgym.com](http://craftgym.com)

## Best Lifesaver for Moms

It takes a virtual village to raise a child, and whether you're interested in finding a playgroup, help for postpartum depression or a few handy cooking lessons (now that chilled vodka and leftover Thai no longer suffice), the best virtual village in town is **Golden Gate Mothers Group**, which connects you to a network of 2,000 local moms. GGMG sponsors events and activities for parents (think CPR training and informative

# FEEL FREE

Mortgage payment due? Freelancing less lucrative than you thought? Know when to go, and you won't have to pay.



## SATURDAY

On the second Saturday of the month between 1 and 5 p.m., families are free at Sausalito's indoor-outdoor **Bay Area Discovery Museum**, where kids can paint, play in the sand or climb aboard a shipwrecked boat. [badm.org](http://badm.org)



## SUNDAY

From June 17 through August 19, your Sundays are best spent at **Stern Grove** watching musicians and singers make free music. Catch Huey Lewis on June 17; the SF Symphony July 8. This is why you live in a city. [sterngrove.org](http://sterngrove.org)



## TUESDAY

Jackpot. Each month's first Tuesday is free at the **de Young** and the **Legion of Honor** (both [thinker.org](http://thinker.org)), **Asian Art Museum** ([asianart.org](http://asianart.org)) and **Conservatory of Flowers** ([conservatoryofflowers.org](http://conservatoryofflowers.org)).



## WEDNESDAY

Almost as good as Tuesdays, first Wednesdays mean gratis access to the **San Francisco Zoo** ([sfzoo.org](http://sfzoo.org)), **Exploratorium** ([exploratorium.edu](http://exploratorium.edu)) and **California Academy of Sciences** ([calacademy.org](http://calacademy.org)).



## ANY OLD DAY

The SF Public Library sponsors free **guided history and architectural tours**—Mission murals, Russian Hill stairways—nearly every day of the week, covering every nook and cranny of the city. [sfcityguides.org](http://sfcityguides.org)



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*twistedtwilight.com*