

**PureWow** is the free daily email for sophisticated influential women everywhere. Ready to be wowed



Gyrotomics at 5th Line Studio.

Before the heat wave of 2012, summer was when you'd head outside for your daily runs. But this record-high year calls for the addition of new studio workouts to burn major calories while avoiding million-degree temps. River North's [Reform Chicago](#) offers one of the hardest classes (\$26 a session) we've tried. Owner Corinne Clifton honed her skills in London; her studio's 55-minute sessions use the [Allegro Pilates Reformer](#) machine plus weights, bars and great music. We tested Clifton's claim that your body will change in ten classes--and we have the muscle tone to prove it. The new [5th Line Studio](#) near the Merchandise Mart specializes in private and semi-private classes on both [Gyrotonic](#) and Reformer machines (\$45 to \$75 a session). (Coming soon: Classes led by [Joffrey Ballet](#) dancers.) Owner Tim Lester--who also works with the Joffrey, [Hubbard Street](#) dancers and Hall of Fame football players--and his team of trainers guide clients through machine workouts. We were never bored. At Lakeview's [Morning Bird Studio](#), a boutique gym from trainer [Newt Cole](#), you can sign on for individual sessions (\$30 to \$69), small-group training and cycling-specific coaching. At Morning Bird the walls are covered with art, and clients choose their music via [Spotify](#). If you're leery of machines and want workouts designed for specific goals (weight loss, toning, etc.), you've found your new home away from home.



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