

## Sports & Fitness

### Five reasons to join Chicago gyms

Enough with the excuses. Here's why you should hit one of the dozens of gyms in Chicago.

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December 28, 2011

#### To lose weight

**Total Body at Shred415** - Huff and puff your way through alternating 15-minute intervals of walking, jogging or running on the treadmill mixed with weight-lifting "breaks."

**Chaos at On Your Mark** - Your mind and your muscles will both do the work at OYM's aptly named class: Go for a five-minute ride, a five-minute run, do ten strength-training exercises and start over.

**BOSU Boxing Fusion at Soulistic Studio Spa** - This 60-minute fusion class packs a punch—quite literally—with a circuit rotation of kickboxing, boxing and stability-enhancing BOSU exercises.

#### To tone

~~**Kettlebell Fusion at Pure Vibes Fitness** - Keep your heart rate up with cardio drills while sculpting your guns with the old-school kettlebell.~~

**Pilates at Reform Chicago** - We know. Another circuit training class? Clearly it works. Dedicate 55 minutes to an intense mind-body workout using the Pilates Reformer and focusing on your breath, your core and additional moves for a body-sculpting cardio routine.

~~**CoreFusion Open at exhale** - Channel the Zen of the exhale studio while building the muscles for washboard abs and perfectly sculpted glutes in this hybrid class blending Pilates, yoga and Lotte Berk Method techniques.~~

#### To get an endorphin buzz

**Spinning at Flywheel** - The 45-minute-long heart-pumping rides at this Gold Coast cycling boutique will clear your head and whittle your middle. The fab instructors and awesome music playlists sweeten the deal.

**Tri-Tread at Equinox Loop** - You don't need to run a marathon to experience a runner's high; you can enjoy one on your lunch break. Participants climb aboard treadmills for 45 minutes of hard-core, hurts-so-good intervals.

**Boot Camp Conditioning at LA Fitness South Loop** - Endorphin addicts, welcome to your happy place. Go all-out in this hour-long cardio class that requires you to lunge, kick, crunch and box your way through various workout stations. Then enjoy your exercise-induced buzz all day long.

#### To meet people

**David Barton Gym** - This River North gym features an in-house DJ a few times a week and even hosts parties for its members.

**East Bank Club** - The rooftop pool (that's open during the summer, obviously) is more of a social scene than a spot for fitness buffs to swim laps.

**Lakeview Athletic Club** - This gym boasts a feature not common in many gyms: an indoor climbing wall. We've spied many members mingling while waiting to scale the wall.

#### To escape your small apartment

**LA Fitness Loop** - This workout facility never gets very crowded—perfect for pretending you have your own private gym.

**VALEO at JW Marriott** - Members at this exclusive hotel gym (it allows only 250 memberships at a time) get a monthly spa or fitness service. Spending time here feels like a vacation.