

WASHINGTON, D.C.

CrossFit D.C. CrossFit comes down to two things: community and coaching. This box excels at both. Classes are on a donation basis and in the heart of downtown. crossfitdc.blogspot.com

Down Dog Yoga Ninety minutes in a crowded, heated room might sound torturous, but teachers at any of the three studios turn it into a totally awesome power vinyasa flow. downdogyoga.com

this is truly personalized attention. The payoff: constant progress. rpmbirmingham.com

CHICAGO

Flywheel Sports Stadium seating ensures you always have a clear view of the instructor and the indoor cycling chain's real-time leader board. flywheelsports.com

Chicago Athletic Clubs

With access to any of seven locations—all stocked with equally phenomenal classes and instructors—you can always squeeze in a sweat session.

chicagoathleticclubs.com

INDIANAPOLIS

Indianapolis Fitness and Sports Training (IFAST)

Muscular imbalances can lead to pain, injury,

driven training to one place. tigerathletics.com

DALLAS

Camp Gladiator These outdoor workouts break the mold on traditional boot camps: Instead of a drill sergeant kicking your butt, you'll find an infectious motivation to do it yourself. campgladiatordallas.com

Exhale The signature Core Fusion programs at this luxury wellness chain are a high-energy blend of yoga, ballet exercises, and Pilates. exhalespa.com

BOULDER, CO

RallySport Health and Fitness Club The only thing more impressive than the amenities are the exceptional credentials carried by every trainer. rallysportboulder.com

workout effort to produce usable energy for the city. offthegridfitness.net

SAN DIEGO

Fitness Quest 10

Accomplished strength coach Todd Durkin has an all-in training approach that drives results—from Super Bowl rings to shedding those lingering post-pregnancy pounds. fitnessquest10.com

Barry's Bootcamp

Kind of feels like you're walking into a night club—only instead of wearing stilettos and sipping cocktails, you're sweating through your tank and blasting calories with a blend of treadmill intervals and strength training. barrysbootcamp.com

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