

# CHICAGO COLLECTION MAGAZINE



A luxury lifestyle magazine featuring the best Design, Fashion, Culture and Dining in Chicago.

## Feel the Bum



Nervous you'll start packing on those holiday pounds now that the sidewalks are painted with black ice and the below-freezing temperatures are threatening your morning run? Check out [Go Cycle Studio](#), the new spin studio in Lincoln Park.

Offering intense spin classes designed to burn at least 500 calories per class in a high-speed workout that will leave you breathless (in a good way), owner Emmy Rigali brings you a fitness routine that's anything but boring.

With 20 state of the art cycles, energetic tunes and a powerhouse Rigali at the helm, even the most seasoned workout vet is sure to be satisfied. Three different class options ensure variety: You can keep it simple and stay on the bike, switch it up with a little ab work after or split your class down the middle with hard core cycle time followed by lengthening yoga.

Your first spin session is free, and drop-in prices, monthly unlimited cards and student discounts make this an affordable alternative to braving the city streets or crowded chain brand gyms. What are you waiting for? Get off your seat and onto a cycle!

### Go Cycle Studio

501 W. North Ave., 312.878.4999

Single class, \$18; 5 class card, \$75; 10 class card, \$130; 20 class card, \$200; unlimited month class card, \$115; unlimited month spin and dance card, \$185