



Pilates is just one of the options available at the Elysian Spa and Health Club.

### The Aloft Loft

Offering a workout unlike any other, The Aloft Loft boasts that even beginners will spend more time in the air than on the ground: wrapped in silks and rope (Aerial Silks and Rope), balancing on a trapeze (Trapeze One), or otherwise practicing Aerial Conditioning. Afraid of heights? Try a free “taster class” or go to observe first.

**2041 W. Carroll Ave., #306, 773-782-6662; aloftloft.com**

### Barre Bee Fit

This ladies-only River North studio challenges students to “live by the barre code,” via five ballet bar-based workout offerings. The ever-changing choreography keeps muscles on their toes, but the regimen is always the same: targeting small muscle groups essential to improving the feminine physique.

**435 N. LaSalle Blvd., 312-595-1600; 1962 N. Clybourn St., 773-348-2881; barrebeefit.com**

### East Bank Club

Since 1980, EBC has become a fitness phenom, hosting such high-profile clientele as Oprah Winfrey. Housed in its 450,000 square feet are a half-dozen dining options, salon, dry cleaner, and children’s activity center. Try a rope interval training group class with master trainer Glen Freedman, a two-time boxing champ who has been with EBC since 1995.

**500 N. Kingsbury St., 312-527-5800, ext. 206; eastbankclub.com**

### Elysian Spa & Health Club

Much like the rest of the Elysian, the fitness center and spa radiate the calm of a Grecian sanctuary. That doesn’t mean Dori Goldstein, head Gyrotonic specialist, will go easy on you. Gyrotonic combines elements of yoga, Tai Chi, dance, gymnastics, and swimming for a therapeutic conditioning workout.

**Elysian, 11 E. Walton St., 312-646-1400; elysianhotels.com**

### Equinox

From collaborating with the Joffrey Ballet for dance-inspired workouts to incorporating the newest equipment into specialized classes, Equinox sets the gold standard for fitness. This January, it launched MetCon3, a high-intensity metabolic conditioning workout that taxes the body’s three energy systems to maximize fat burning, helping to whip Chicago into post-holiday shape.

**900 N. Michigan Ave., 312-254-2500; equinox.com**

### Flirty Girl Fitness

Inspired by strip fitness routine demonstrated on *The Oprah Winfrey Show* years ago, owners Kerry and Krista Knee offer fun, sexy workouts—think burlesque and pole dancing—to Chicagoans. Traditional workouts such as yogasculpt, Zumba, and cardio dance are also available, and FGF is opening a second studio in Lincoln Park this year.

**1325 W. Randolph St., 312-666-2266; chicago.flirtygirlfitness.com**

# fun and fit

OUR FAVORITE EXERCISE HAVENS OFFER UNTRADITIONAL WORKOUTS THAT MAKE STAYING IN SHAPE A BLAST. BY ELLE EICHINGER

### Flywheel Sports

Incorporating weight training into everything we love about spin, Flywheel is an energetic workout that’s taken Chicago by storm since it opened less than a year ago. Cofounder Jay Galluzzo helped develop an innovative, technology-laden studio that tracks progress and weighs results against other riders in the class.

**710 N. State St., 312-624-8485; chicagoflywheelsports.com**

### Spa at Trump Health Club

Need to stay inspired through the winter? Get pumped about the Trump International Hotel & Tower Chicago’s upcoming outdoor fitness programs, which launched in 2010 and utilize its 1.2-acre Riverwalk at Trump International, a park with unbeatable views of the city. There’s a state-of-the-art fitness center inside the hotel, too, but nothing beats outdoor morning yoga.

**Trump International Hotel & Tower Chicago, 401 N. Wabash Ave., 312-588-8020; trumpchicagohotel.com**

### Urban Fit Clubs

Instead of one steady gym membership, UFC allows members to utilize 25 area boutique gyms and specialty fitness studios, getting them the best workout in terms of variety. The self-proclaimed “better-sweat network” includes such gyms as Chicago River North Pilates, Shred415, Pow! Mixed Martial Arts Chicago, and more.

**urbanfitclubs.com MA**

## PUMP IT UP

Charity Gonzalez, founder and CEO of urbanfitclubs.com, on going for your goal.



### What is your favorite workout?

It’s constantly changing. Currently I am loving the F Train and Rope Burn with Mark Beier classes at On Your Mark Coaching + Training, but I never stray too long from my go-tos, Go Cycle Fitness and Atlas CrossFit.

### How do you stick with a workout plan?

Treat workouts like business meetings: You wouldn’t sleep through a meeting or decide you didn’t feel like going. Each week, I plan the days and times I can make it to the gym and put them into my calendar.



Spinning class at Go Cycle Fitness.