

fit^{ness}

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With Every Step

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BODY CONFIDENCE**

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Beauty Tricks**

Mind, Body

Bonus!
America's
**Top
Gyms**
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Dinners**

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Wallet—and
Waistline

*Look Better
From Behind*

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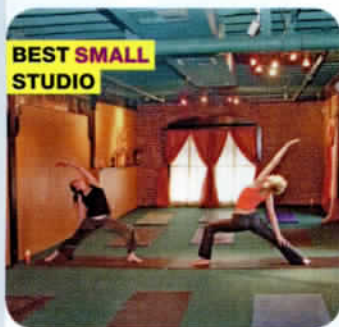


For exclusive deals and discounts at these sporty spots, visit www.fitnessmagazine.com/bestgyms.



BEST GYMS IN AMERICA

We polled fitness pros and active readers across the country to find the hottest body shops around. Whether you're looking for the perfect place to drop pounds or lift weights, make like a pretzel or save dough, check out our top 20 list. *By Nicole Dorsey-Straff*

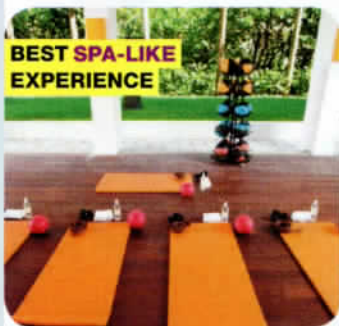


BEST SMALL STUDIO

COIL Yoga

Fresno, California
(coilyoga.com)
Starting at \$15 for one class

Pick from 23 classes weekly in this earthy 1,500-square-foot space residing in a 200-year-old historic building. Well-known for its 90-minute calming Restorative sessions, COIL (as in Conscious, Open, Integrated, Living) always sweats the small stuff: Instructors bring cool cloths soaked in essential oils to exercisers in the summer and steaming cups of tea in the winter. COIL also offers kids' yoga in the summer, so the whole family can perfect its poses. Intimate classes fit 26 people, and instructors arrive 20 minutes beforehand to chat with students and light candles and incense. "The teachers here have inspired and supported my fitness journey for six years," member Susan Angustia says.



BEST SPA-LIKE EXPERIENCE

Exhale

15 locations nationwide
(exhalespa.com)
Starting at \$115 for a monthly membership; \$11 and up for one class

Exhale locations, with serene teak-and-bamboo interiors, offer 75-plus weekly yoga classes, including Absolute Beginner Yoga and Music Yoga Flow, in addition to their signature Core Fusion sculpting sessions. Most instructors have completed about 500 hours of Yoga Alliance certification, 300 more than what is required. Post-workout perks include on-site pampering options such as deep tissue massages and detoxifying facials in Exhale's luxurious spas. "The energy is electrifying, the teaching is superlative, and the staff is knowledgeable and welcoming," devotee Jaime Rosenstein says.



BEST MUSICAL MOTIVATION

Sanctuary for Yoga

Nashville
(sanctuaryforyoga.com)
Starting at \$15 for one class

This is not your typical zen den. Expect myriad flow and power yoga classes, held nearly every hour, at this beautiful, 2,200-square-foot studio. There's the popular 6 a.m. Power Latte class, a flowing vinyasa series designed to jump-start your day in lieu of java. The 60-minute Power Lunch class features rock and roll, techno and hip-hop tunes, while the post-work Yin Yoga is accompanied by a slow, sensuous sound track. "I really enjoy the evening classes; the candles and beautiful music allow for a deep, close-of-day practice," member Sarah-Jane Hill says. "It's worth dragging your tired self to the mat and just letting go!"



BEST CLASSES

YogaWorks

23 locations in California and New York
(yogaworks.com)
Starting at \$112 for a monthly membership; \$22 and up for one class

YogaWorks has become the Starbucks of asanas. Each beautiful eco-conscious studio hosts more than 100 inspired all-level classes each week, including signature offerings like YogaWorks Slim, traditional disciplines like athletic ashtanga and special sessions like prenatal and kids' yoga. One of the largest teacher-training schools in the world, YogaWorks requires its instructors to earn 500 hours of certification. "I always walk out feeling replenished," longtime member Debbie Margolius says. "Thanks to the number of classes, I never miss getting my joyous yoga fix!"



BEST INSTRUCTORS

Pure Yoga

Two locations in New York City
(pureyoga.com)
Starting at \$140 for a monthly membership; \$30 and up for an unlimited day pass

The first U.S. studio of this Hong Kong-based yoga company opened its doors two years ago. Both eco-chic approximately 20,000-square-foot spaces were designed with sustainable materials and feature spa-like locker rooms and lounging areas. Resident world-renowned instructors (most have taught more than five years and have multiple certifications) abound in a weekly schedule that includes 125 sessions and 27 different styles of yoga, such as Iyengar, jivamukti and hot. Classes hold an average of 20 students, who can book floor space online. "The quality of each teacher is amazing, and the space itself is tranquil, serene and gorgeously organic," member Tiziana Bason says.