

Spring Shape-Up Issue!

Women's Health

Strong & Sexy
Workout

Accelerate Weight Loss and Transform Your Belly, Butt & Thighs!



WH FITNESS AWARDS
The Best Gear, Gyms, Sneaks, Apps & More!

The #1 Way to Score a Raise



→ Hot Spots

Whether you're hunting for a cycling studio in Chicago or a new personal trainer in Boca, your search stops here. We received more than 700 nominations from the country's top fitness experts and *WH* readers, then narrowed the list to these kick-ass workout joints. (Nothing in your zip code? See "National Treasures," page 136, for the best national chains.)

DALLAS

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