

2012  
**Best  
 OF CHICAGO**  
  
**HEALTH  
 &  
 BEAUTY**



NEW **5 BEST** WORKOUTS

★ **CARDIO DANCE AT ALL ABOUT DANCE**  
 501 W. North Ave.,  
 773-572-8701

This bi-level studio in Old Town offers the usual instruction in jazz, ballet, hip-hop, and tap. But its sweat-inducing cardio dance workout is the best in town. Starting with a butt-kicking warm-up of planks and crunches, the instructor builds a routine, one eight count at a time, that repeats as the music gets faster and is littered with pushups, squats, and other strength-training exercises cleverly disguised as dance moves.  
*Drop-in rate: \$16*

★ **FLY 45 AT FLYWHEEL SPORTS**  
 710 N. State St., 312-624-8485; also in Highland Park

Go Cycle was first, and Real Ryder has unique bikes that tilt from side to side. But Spinning fanatics love the New York import Flywheel, which we've heard poached top instructors from a local health club chain when it came to town in 2011. The bikes clock speed and resistance, and competitive types can show off their stats on two large flat screens. Classes set to music themes—'80s, Rihanna, boy bands—keep it fun.  
*Drop-in rate: \$25*

★ **SUPFIT AT GREAT LAKES BOARD COMPANY**  
 773-575-4787, greatlakesboardcompany.com

Starting out from North Avenue Beach Tuesdays and Thursdays at 5:30 p.m., SUPfit mashes together the standup paddling trend and a core-heavy workout. Instructor David Hardin intersperses sprint paddles with grueling sets of Russian twists, squats, and mountain climbers as you work hard to keep your balance. Falling into the cool lake will seem like the perfect accident.  
*Drop-in rate: \$25 an hour*

★ **TOTAL BODY AT SHRED415**  
 2156 N. Clybourn Ave.,  
 773-360-8228

Open since last April in Lincoln Park (and coming soon to Old Town), Shred415 uses inclined treadmills to keep your heart rate revved throughout an hourlong boot-camp-inspired interval workout. The goal here isn't merely to shed pounds but to get faster and stronger. Pushed by energetic instructors through nonstop routines set to DJ-spun mixes, you'll burn some 500 to 900 calories per session and break a major sweat.  
*Drop-in rate: \$24*

★ **YOGA AT COREPOWER YOGA**  
 corepoweryoga.com

Think of this as a vinyasa-inspired workout with a side of groove: The room is heated to 90 degrees (or more) and speakers pipe in instrumental trip-hop and soft indie rock. You won't become one with the universe, but you will sweat and flow through chaturanga until your muscles tremble. There are 13 locations in the city and suburbs, and the first week is free—which means you're out of excuses.  
*Drop-in rate: \$20*

PHOTOGRAPH: BRIAN KUHLMANN PHOTO ASSISTANTS: COLIN BECKETT, BEN RODIG