

# America's Top Workouts

Our Twitter followers share the best fitness classes in their hometowns. Check 'em out!



- \* BOSTON** SkyRobics at Sky Zone (skyzonesports.com)  
 "It combines cardio and strength training, and improves your coordination. Plus, who doesn't love jumping on a trampoline?" —@ChrissyCarroll1
- \* CHICAGO** The Bar Method (barmethod.com)  
 "There's nothing better for toning; I can't get enough!" —@KDurham87
- \* HOUSTON** Water Aerobics at the YMCA (ymcahouston.org)  
 "This class keeps me fit year-round. Come summer, it's the best way to stay cool." —@AGreenTeam
- \* LEXINGTON, KY** Indian Bhangra at Mecca Live Studio & Gallery (meccadance.com)  
 "This Bollywood-style dance class makes me sweat, but it doesn't feel like work!" —@BrkfstAtTiffs
- \* MIAMI** Bikram Yoga at Bikram's Yoga College of India (bikramaventura.com)  
 "I do this in the morning and feel great the rest of the day." —@StyleIdNet
- \* NEW YORK CITY** SoulCycle (soul-cycle.com)  
 "These group-cycling sessions are the ultimate total-body workout. And they're good for the mind too!" —@emchess
- \* SANTA ROSA, CA** LiveFit Boot Camp (livefitbootcamp.com)  
 "The trainers don't let you slack off, and they change the workout every session so you'll never get bored." —@bekkib73

Don't see your favorite? Tweet us @Shape\_Magazine. We're always looking for new ways to shake up our routine.

## TRACK STARS

Keep tabs on how much you move and you may never fall off the workout wagon again, according to a University of Pittsburgh study. Researchers found that people who used a monitor were more likely to stick with an exercise routine and lose weight. Three to try:



The clip-on **Reebok InColor Pedometer** (\$40; reebok.com) records your steps, distance, total time moving, and speed. Plus, it alerts you when you fall behind your goal pace.



Be a stair master with **Fitbit Ultra** (\$100; fitbit.com), which measures how many steps you take and how high you climb. Messages like "Let's go!" pop up if it's been idle too long.



Wear the **BodyMedia Fit Core Armband** (\$180; bodymedia.com) 24/7 to track everything from how long and restfully you sleep to your exercise intensity and calorie burn.



### PRESS PLAY

## X-Treme Challenge

If 20 pull-ups are a piece of cake, you're probably ready for the **P90X2** program (\$129; beachbody.com). **Five weeks, you'll do a difficult workout that includes strength moves** perfect for your "OMG I'm sweating but I'm getting progressively harder" phase. Your plateau is officially over.

