

out



Flywheel Sports



BodyVision

CUSTOMIZE YOUR CLASS

Five new ways to workout in the new year

BY ALISON BAILIN BATZ

Are you bored with your workout routine? Or perhaps you're looking for a new way to cut calories in 2017. Try one (or more) of these hot spots, each sure to make you sweat with style.



High Altitude Personal Training

Just Dance

The Dailey Method, which relocated to High Street from Desert Ridge in November 2016, is a boutique studio that offers a Pilates and ballet barre fusion. By combining the best of Pilates, yoga and ballet barre training, individuals build a strong, lean, sculpted body. The Dailey Method's classes are an ever-evolving mix of movement with a focus on ultimate alignment in body, mind and spirit. There are drop-in packages available, including a new client unlimited month special for \$59, as well as monthly memberships that start at \$135. www.thedaileymethod.com.

Fast and Furious

Simply Cardio, which opened in Downtown Scottsdale in September 2016, promises to be quick – as in 30 minutes from start to finish! The revolutionary workout is inclusive and adaptive, designed to be effective regardless of age or level of fitness. The self-guided circuit program focuses on cardio, conditioning and core across 12-15 workout stations, helping you scorch calories and burn fat while building endurance. You can go when it's convenient for you – there are no class times, no appointments and no schedule. The first class is free, and monthly memberships start at \$99. www.simplycardio.com.

Individualized Training

Set to open later this month, High Altitude Personal Training hails from the mountains of Flagstaff, but will soon be available in your own backyard near Paradise Valley Mall. High Altitude's model facilitates personal training in a group setting, meaning that every workout is tailored to each individual. Additionally, there are Spinning Specific classes – a one-hour cardio blast to complement the weight training. As an additional benefit, those with monthly memberships also gain access to the gym's Flagstaff location, making it especially ideal for Arizonans who tend to split their time between both locales. Monthly memberships start at \$119.99, while Spinning Specific memberships are \$29.99. www.haptonline.com.

Need for Speed

Flywheel Sports, a renowned indoor cycling studio, opened its first location at Scottsdale Quarter in November 2016. More than just a workout, it is an experience challenging both seasoned riders and novices alike to transform their bodies while having fun. The state-of-the-art facility features stadium seating, where every rider has an unobstructed view of the instructor, and more than 60 bikes equipped with performance tracking technology. Flywheel instructors lead classes with high-energy playlists to further motivate riders. Single classes start at \$28, multi-class passes at \$130 and monthly memberships are \$220. www.flywheel sports.com.

Activate Your Senses

BodyVision, which opened at The Shops at Gainey Ranch in September 2016, offers cutting-edge, heart-rate based interval workouts spanning both cardio and strength training. BodyVision's workout classes are one hour in length, split into four exercise rooms – each with its own color and theme – and have two trainers to double the motivation. Each room features a unique sensory experience, from massive projection TVs to upbeat music and an electrifying atmosphere. The first class is free, and monthly memberships start at \$79. www.bodyvision.com.



The Dailey Method