

fitness

Mind, Body + Spirit

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*

SPORTS-MINDED CLUBS

BEST CROSS-TRAINING CENTER



Treehouse Athletic Club

Draper, Utah
(tafitness.com)
Starting at \$69 for a
monthly membership

In Treehouse's vast 72,000-square-foot space, you'll find five workout studios; three racquetball courts; a 30-foot climbing wall; one junior Olympic-size swimming pool; one pool dedicated to therapy, water yoga and advanced lap swim; and a wellness department that provides nutrition consultations, chiropractic treatments and weight-management services. The club has a roster of more than 100 fitness classes each week, but it draws a devout athletic following thanks to its great triathlon club, free running sessions and metabolic testing. "There's something for everyone here, and the instructors do an awesome job of really pushing you—in a good way," member Lisa Newell says.