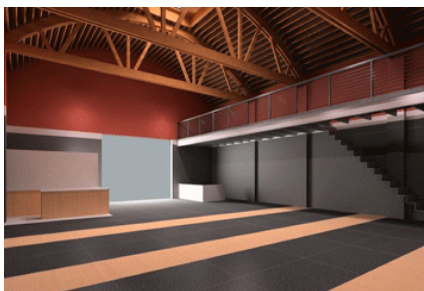


# SPRING TRAINING

PUMP UP AT CHICAGO'S NEWEST GYMS



Does the sight of swim trunks make you nauseous with fear?

Have you begun comparing your body type to baseball players instead of football players?

End the excuses and **get trim and toned at one of these new gyms.**

### CrossFit Defined

Want to train like an Olympic weightlifter? Carry the torch into CrossFit, which tailors your workout routine with **high-intensity cardio and conditioning classes**. Trainers at the new Lakeview location work with your fitness goals and abilities to transform your body into a lean, mean swimsuit-wearing machine — **just in time for London 2012.**

1235 W. Belmont Ave., Lakeview (312-659-5940)

### Wicker Park Athletic Club

A new **20,000 square-foot palace of endorphin-fueling, testosterone-pumping fitness** is scheduled to open by May 1. Trust us that the three class studios, free-weight area, cardio and strength machines are state-of-the-art — and if you **enroll before the 25th, you get \$150 off the enrollment fee.**

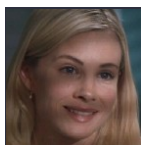
1635 W. Division St., Wicker Park (312-850-4667)

### Fitness Formula Club

FFC's newest location offers signature amenities including personal training, spa services, and a **24-hour workout facility with protein bar**. This summer, those same folks who made the burrito guilt-free will open PlayBar, a full-service **bar serving healthier cocktails adjacent to the sundeck and outdoor pool.**

10 S. Clinton Ave., West Loop (312-902-2040)

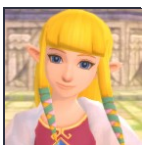
### MORE STORIES



See the Cast of 'Con Air' Then and Now



Kris Jenner's Shocking Poolside Photo



The 8 Video Game Loves of Your Life



80s & 90s Wrestlers: Where Are They Now?



French Toast Casserole

MOST POPULAR



Meet Your Newest Drink of Choice (Or 5...



The Best Colorado Ski Resort You've Never...



Blow Her Away at Chicago's 5 Classiest...



AGONY IN SLOW MOTION



The Secret to a Cooler Bedroom



You, DeNiro, and Sin City's Most Opulent V...



ENTER

\*See official rules

### TOP IN LEISURE



You, a Few Beers, and Michael Jordan



Top 5 Ways to Give the Finger to The Worst Winter Ever



4 Days. 3 States. One Bike.



3 New Apps You Can't Live Without



This Is What Cubist Chicago Looks Like



Your 2018 Olympic Training Starts Here

## RECENT RUNDOWNS