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FITNESS

LOS ANGELES EDITION

FITNESS



Yogaglo



Adam Ernster's Secret Gym



Core Performance Center

Best Calorie-Burning Workout:

POWERSERGE

Sergio Carbajal, who's performed with Prince, Paula Abdul and Michael Jackson, will make you sweat and smile with his dance-inspired cardio class. Fitness Factory, 650 N. La Peer Dr., West Hollywood, (310) 358-1838, **MAP**

Best Yoga on a Budget:

Yogaglo

Just \$18 per month (yes, eighteen) gets you unlimited classes with pros at the beautiful studio, and online at Yogaglo.com. 1800 Berkeley St., Santa Monica, (310) 800-4601, **MAP**

Best Boot Camp-Style Class: CrossFit LA

Hard-bodied devotees say they never tire of this constantly-changing workout, where every day's challenge is a surprise. 3201 Santa Monica Blvd., Santa Monica, (310) 260-9550, **MAP**

Best Outdoor Workout:

Hiking Deep Creek Hot Springs

Every part of your body will be sore afterward—good thing this mountainside hike comes with a soak in a natural spring. Apple Valley, **MAP**

Best Pilates Studio:

Pilates Plus

Sebastien Lagree's custom equipment, The Proformer, is so thorough, it works parts of the body you might not know you have. **Multiple locations**

Best Place for Private Training:

Adam Ernster's secret gym

This New York-themed, most-private-gym-ever is hidden, yet some very famous faces have already found it. Call (310) 860-0909

Best New Boutique Gym: Core Performance Center

Robotic machines that "talk" to each other, "read" your body's needs and challenge you accordingly, make this gym a blast from the future. 2020 Santa Monica Blvd., Santa Monica, **MAP**

Best Dance Workout:

Kimberly Miguel Mullen's AfroCaribe

Both dancers and non-dancers will be challenged by this heart-pumping class with live drummers and irresistible choreography.

Multiple locations

Best "Quirky" Class You've Got to Try:

Cirque School LA

Those with circus dreams can pose on a trapeze and climb a ribbon after an hour of training with a Cirque du Soleil performer. 5460 Hollywood Blvd., Los Angeles, **MAP**