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Fitness redefined: ultraexclusive gyms where
a top-notch workout is just one of the attractions

raise the barbell

Those who want the ultimate in personal attention are leaving the megagyms in favor of boutique fitness studios. Here, the best for every exercise personality.

Edge, NYC

For: art lovers who like to gaze at Jean-Michel Basquiat paintings while working out on state-of-the-art equipment (edgegyms.com).

Aspen Fitness, NYC

For: people who like to shop after they train—it's in the Takashimaya building on Fifth Avenue (aspenfitnessnyc.com).

Emerson Hall Fitness, L.A.

For: architecture buffs who admire the historic Art Deco building and Pilates studio with fireplace (emersonhallfitness.com).

ThirdPower, NYC

For: kitchen-phobes who shrink from herds—the intimate studio offers healthy meal delivery (thirdpower-fitness.com).

Burn60, L.A.

For: multitaskers who play well with others—group workouts combine cardio with strength training (burn60.com).

