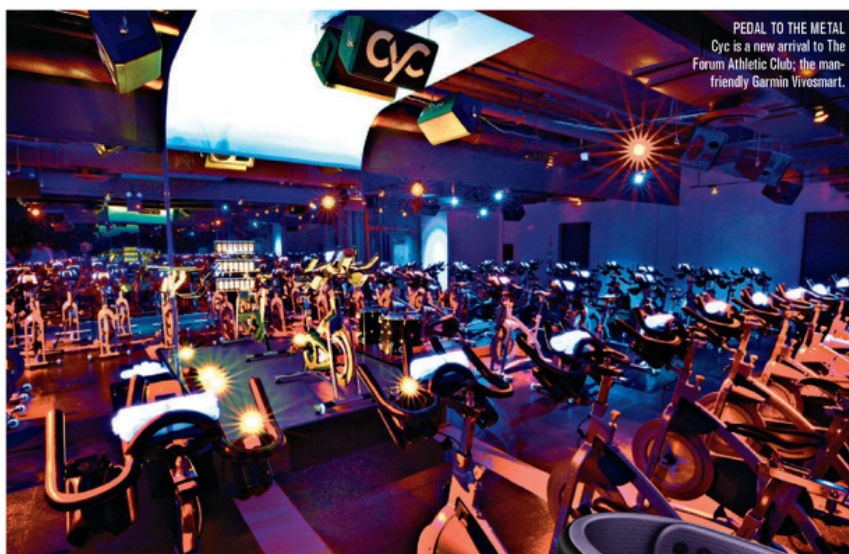


NOW IN ATLANTA

||| TOP TEN |||



PEDAL TO THE METAL
Cyc is a new arrival to The Forum Athletic Club; the man-friendly Garmin Vivosmart.

Feel the Burn

Turn flab into fit with the latest in fitness and health fixes.

| By Karina Timmel |

1. Get Cyc'ed

New indoor cycling studio Cyc recently opened at The Forum Athletic Club. The studio's 45-minute rides, created and sponsored by Under Armour athlete and trainer Keoni Hudoba, incorporate weight-training exercises inspired by sports moves. \$22 per ride, 3393 Peachtree Road NE, cycfitness.com

2. Bikes Rides Again

Whether you brake for mountain biking, road racing or eco-commuting, Peachtree Bikes has got it in gear. After losing its space to a fire last year, the 45-year-old enterprise recently reopened in Buckhead with everything from Electra cruisers to specialized 29ers, plus Castelli duds, nutrition supplies and accessories. 2905 Peachtree Road NE, peachtreebikes.com

3. In Theory

Taking Atlanta by storm, Orangetheory Fitness recently opened its 12th Georgia location at Emory Point. The boutique circuit-training studio pushes muscles to the max with its combo of treadmill, indoor rowing and weight training designed to keep heart rates in their target zones, stimulating energy and metabolism. First class is free, memberships start at \$69 per month, 855 Emory Point Drive, orangetheoryfitness.com

4. Track Star

Activity tracker meets smartwatch, the Garmin Vivosmart reminds one to get up and go with a gentle vibrate and time-to-move alert. This manly looking fitness band that launched in September tracks calories, step goals, heart rate and sleep, while remaining water-

resistant to showers and shallow swims. \$170-\$200, Atlanta Cycling locations, atlantacycling.com

5. Gut Check

Dr. Tasneem Bhatia, founder of the Atlanta Center for Holistic and Integrative Medicine, claims in her new book, *The 21-Day Belly Fix* (\$20, Zinc Ink), that digestive and probiotic health is the key to busting belly fat. Bhatia lays out a program to drop pounds, boost metabolism and reduce midsection. Belly up! Barnes & Noble locations, 21daybellyfix.com

6. Power Through

Ready for a challenge? Newcomer Thunderbolt Power Yoga certainly delivers a jolt with an energetic yet fun style of vinyasa yoga. Float, fly and arm-balance your way through 60- or 75-minute classes, like Power Beats (downward dogs done to upbeat tunes). \$18 for drop-in class, 3872 Roswell Road NE, thunderboltpoweryoga.com

7. Meal Deal

ColdLife Organics and Tammy Stokes, founder of West Coast Workout and author of *Live Your Healthiest Life* (\$28, Advantage Media Group), joined forces this fall to bring healthy portion- and nutrient-controlled prepared meals, soups, tonics and waters to your doorstep. Body-good bundles are delivered weekly with a 10-minute at-home workout. \$36-\$45 per day, with pick-up classes offered at West Coast Workout locations in Buckhead and Sandy Springs, tammystokeslifestyle.com

8. Fight Club

Hey, tough guy. Yeah, you... work out your aggression by training Ultimate Fighting Championship-style at UFC Gym Perimeter, which opened this year. Its new competitive Daily Ultimate Training workout class burns 800-plus calories per hour with a mix of resistance training, body movement drills and cardio endurance geared toward improving your athletic skills to UFC-approved standards. \$20 for drop-in class, 4745 Ashford Dunwoody Road, ufcgym.com

9. Service Call

Because you can't risk ruining your new iPhone 6, Atlanta-based product developer Wahoo Fitness offers an iPhone-powered, weather- and shock-resistant bike computer that acts as a DJ, vertical-climb reporter, heart-rate announcer and more from your handlebars. Only, your phone is tucked in your jersey pocket. \$130, wahoofitness.com

10. Get Your Kicks

It's time to start training for the Publix Georgia Marathon & Half Marathon. Seek motivation with a new pair of snazzy sneaks made for speed. Nike's Air Zoom Pegasus 31 is constructed with responsive cushioning, faster toe-off and lightweight construction. \$100, Nike Store at Lenox Square mall, 3393 Peachtree Road, store.nike.com

CYC PHOTO BY ALLAN MALDONADO