

# lift your spirits.

If you're looking to beat the winter blues, look no further than a steady dose of movement & functional exercise. Studies show that regular exercise improves your mood and boosts your ability to cope with stress.



Whether you're looking to set a new personal best in the 10K, lower your cholesterol or fit into your skinny jeans, our goal is to help you make it happen. Our team of fitness professionals is standing by ready to offer their motivation, guidance and support — whatever it takes to help you succeed.

## **More than 160 locations where you live and where you work that feature:**

- State-of-the-art cardio equipment with personal TVs
- Stress-melting group exercise classes such as Pilates, Spinning®, yoga & more
- Exclusive programs such as Vbarre® and UXF® cross-training
- Certified personal trainers and more



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