

Let's Get Physical

It's easy to keep those resolutions with our handy guide to local fitness centers.

Written by CHRISTI SODANO

If you are like most people, the start of the new year has probably triggered a familiar burst of motivation to shed those holiday pounds. And while most New Year's resolutions are notoriously short lived, one way to ensure success is to find an engaging form of exercise. Whether it's yoga, kickboxing or dancing that sparks your interest, Carlsbad's fitness facilities run the gamut. So this year, as you formulate your workout plan, consider taking advantage of one of these local businesses as a means to achieve your goals.



AGILITY STUDIOS

527 Carlsbad Village Drive
760.434.7262 • www.carlsbadpilates.com

It's not the average Pilates studio. Instructors blend Pilates, cardio and flexibility work to achieve a total body workout in just under an hour.

TRI-CITY WELLNESS CENTER

6250 El Camino Real
760.931.3171 • www.tricitywellness.com

The in-house team of certified trainers, dieticians and health educators works with clients to develop customized fitness regimens, resulting in a more holistic approach to weight loss.



VELOCITY SPORTS PERFORMANCE

6070 Avenida Encinas
760.444.0100 • www.velocitysp.com

Work out like an elite athlete at this facility, which offers adult classes in addition to a variety of training programs for athletes ranging from youth to pros.



24 HOUR FITNESS-SPORT

1265 Laurel Tree Lane
760.602.5001 • www.24hourfitness.com

On top of offering a variety of affordable workout packages, this gym stays true to its name and is open 24 hours per day (so there's no excuse for not fitting in a workout).



FUSE FITNESS

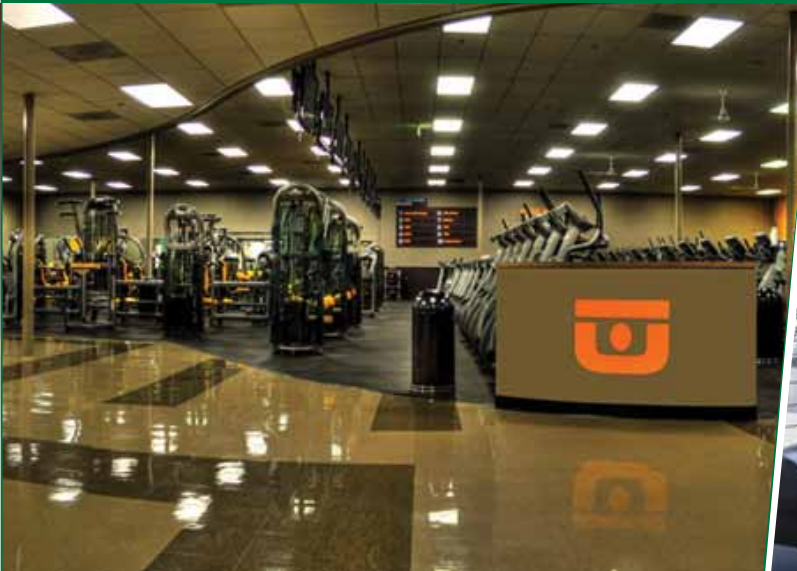
2502 El Camino Real
760.434.7700 • www.fusefitness.com

Excellent equipment, hydro-massage rooms and small group personal training included in memberships make this gym a great value if you're not ready to commit to a long contract.

PURE FITNESS

6215 El Camino Real
760.603.9190 • www.purefitness.com

Amenities at the 60,000-square-foot fitness complex include indoor and outdoor lap pools, a basketball court and plasma screens for all the cardio machines.



AROUND THE CIRCUIT

Looking for more fitness options? Carlsbad's got them—check out these other facilities that will get (and keep) you in top shape.

CURVES

5670 El Camino Real, Ste. J
760.930.0154 • www.curves.com

CURVES

7720 El Camino Real, Ste. H
760.634.2400 • www.curves.com

FOUNDATION HEALTH & PERFORMANCE

5670 El Camino Real, Suite F
760.602.0262 • www.foundationstrength.com

JAZZERCISE CARLSBAD LA COSTA FITNESS CENTER

7720 El Camino Real
760.602.7190 • www.jazzercise.com

LA BOXING

2622-A El Camino Real
760.720.2269 • www.laboxing.com/carlsbad

PREMIER FITNESS

Personal Training
760.908.2947 • www.premierfitnessweb.com

PURE BARRE LA COSTA

7720 El Camino Real, Suite E • 760.331.9703

THE BOXING CLUB

5850 El Camino Real
760.603.0882 • www.theboxingclub.net

THE FITNESS COACH

1204 Abelia Avenue
760.271.6069 • www.thefitnesscoach.net

SOMAGENESIS HEALTH AND FITNESS

760.271.3064 • www.somagenesis.com

XTEND BARRE CARLSBAD

300 Carlsbad Village Drive
760.729.2277 • www.xtendbarreworkout.com



Pure Barre La Costa