

THE WAG



THE GYM DANDY

To attract new members, the region's best gyms and health clubs are adding features and trimming fees.

By Jennifer Basso



THE GYM

99 Business Park Drive, Armonk
219-1601, www.gettothegym.com

What's New: This sleek and sophisticated gym has added features, including a slew of new group exercise classes. There's Circuit Circus, a cardio and strength class; Lift-n-Leap, which combines weights with plyometrics for strenuous cardio; and Bodies in Motion, a fusion of yoga and Pilates. Yoga enthusiasts will love the new Gentle Yoga and Yoga for Athletes classes. A Core Method studio opened in the fall offering mat classes that work the entire body by integrating muscle shaping, fat burning, elongating principles of dance, and the science of physical therapy. New classes have been added to the youth program, including Core Blast, a workout that focuses on the abdominal area, and Stride, which is like a treadmill version of Spinning. And with the recent addition of Jodi's Gym, children as young as 15 months can begin their fitness regimen in Mommy and Me and Tumbling Tots classes. Anybody signing up for a Jodi's Gym class receives a complimentary workout from The GYM. The specialty classes such as Core Method and Kinesis are fee-based, although members receive a discount. The rest of the more than 100 classes offered are free with membership.

The spa also has its share of new additions including salon blow-outs, facial treatments such as microdermabrasion, and Botox injections by **Dr. Salvatore Farruggio**, a board-certified plastic surgeon with offices in Scarsdale and Manhattan.

The Deal: Members that sign up in January pay no enrollment fee and get three personal training sessions, one Kinesis circuit training session, one Pilates reformer session, one goal assessment with a weight management specialist, and five guest passes. Annual membership is \$120 per month; month-to-month membership costs \$140 with the option to freeze or cancel your account at any time.