

(EAS.com)

Where to Work Out: Chicago

When the Windy City becomes the winter city exercise becomes an indoors-only activity. Luckily, the East Bank Club says there's no reason to retire your tennis racquet, golf clubs or your need for a healthy body. Most people can tell you tennis is one of the best cardiovascular workouts, and with six indoor courts and tennis pros to help your game Pete Sampras may be glad he retired. Most people watch their golf handicap increase each year, but the only thing above par are the five different driving ranges that concentrate on the long and short games separately.

You won't have to wait long for weights with 7,500 square feet of dumbbells and barbells to choose from. There's also a separate machine room featuring LifeFitness and Technogym, not to mention the computer fitness program ActivTrax to create workouts for you each day. And as of January 2004 you can choose from 200 exercise classes a week in five aerobics studios. For those who want individual attention, there is much to choose from, like one-on-one pilates going for a reasonable \$55 an hour. But this club understands that it's just as much a mental thing, so meet weekly with Dr. Michael Aisenberg about how concentration, communication and attention can take your fitness and sports prowess to the next level.

Of course the summer is a great time to work out in Chicago as well. The club has a six-mile kayak workout along Lake Michigan and a more relaxed architectural kayak tour to take in the sites that makes this Second City first rate.

*East Bank Club
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