

# Best in DFW: Fitness — Get ideas for the gym that's right for you

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Gyms dot the Dallas landscape like sprinkles on cupcakes. Or perhaps that's not such a good analogy when it comes to being fit. But if you're ready to start working off those holiday treats, we know where you can start.

To compile this listing, we sought opinions from people who use the gyms, from trainers to members to instructors, plus knowledge culled from various sources like — well, ourselves. Because there are so many gyms in our midst, this is a nonscientific sampling of the best our area has to offer.

## Best gym for families

**YMCA** — Specifically Park Cities, Town North, Park South

“Hands down,” says Dallas personal trainer (and second-grade teacher) Nissa Salas ([nissasalasfitness.com](http://nissasalasfitness.com)).

Ellen Yost, whose two sons are 2 and 4, touts Town North's facilities.

“It has good classes and training, with an outdoor play area and crafts for little kids,” says Yost, a half-marathoner and member of White Rock Running Co-op.

**Contact:** [ymcadallas.org](http://ymcadallas.org); 214-526-7293 Park Cities; 214-357-8431 Town North; 214-421-5301 Park South

**Other nominees:** Jewish Community Center of Dallas (JCC); Duncanville and DeSoto recreation centers.

## Best gym for classes

**Jewish Community Center of Dallas**

Seems whenever we here at Healthy Living headquarters learn of some nifty classes, new or otherwise, chances are good they're being held at the J. A week's worth includes Aqua Flow, Row On & Core, Barre Blend, Tred-N-Burn Treadmill, Raise the Bar/Barbell, Dig Deep, Aqua Zumba, plus various spin and yoga classes.

**Contact:** jccdallas.org; 7900 Northaven Road; 214-739-2737

Personal trainer Rebecca Peterson recommends Tread Fitness for such treadmill- and weights-based classes as Back & Shoulders and Abs & Arms.

“You get a killer workout every time and the most bang for your buck,” she says, “especially since now it seems you have to pay for Pilates at one place and then spin classes at another and so on.”

**Other nominees:** Equinox Fitness (class sampling: Major Black Dress Workout, MetCon3) and Baylor Tom Landry Fitness Center (Play Tough, Booty Barre, Functional Strength).

### **Best gym if money is no object**

#### **Equinox Fitness**

Kimber Westphall, who visits gyms nationwide for her Fit Trips With Kimber blog, calls it “a gym to dress up and strut your stuff. I have girlfriends who pay gobs of cash just because they have Kiehl’s [a high-quality beauty line] products in the showers!”

**Contact:** equinox.com; locations on Oak Lawn (214-443-9009) and in Preston Hollow (214-265-5512)

**Other nominees:** Telos Fitness, Larry North Fitness, Cooper Aerobics Center, Aeon Fitness

### **Best gym if money is an object**

#### **Planet Fitness and Gold’s Gym**

David D’Angelo, a former Fitness Profile subject, says this about the Planet Fitness Garland South location: “The personnel who work there are first-class. The gym is always spotless. I have paid so much more for access to a gym and never received anything near what is offered by Planet Fitness.” That includes, he says, free pizza once a month.

**Contact:** planetfitness.com; several D-FW locations including Garland South (972-240-7686)

**Other nominees:** Lakewood Gym; **Inursha in Fort Worth**; Ridge Pointe Athletic Club in Rockwall; NTX Rep Fitness; Doug’s Gym

### **Best gym for wearing your cute clothes**

#### **Equinox**

“It’s the nightclub of gyms,” says Jessica Renberg, a Dallas certified personal trainer at SWEAT and Mind Set. “It’s sexy and trendy.”

**Other nominees:** Gold's Gym Dallas Uptown; Bar Method

### **Best gym to be comfortable wearing anything**

#### **Cross-Fit gyms**

“They’re usually bare-bones, no-frill converted spaces,” says Terri Arends, group fitness director of JCC. “Workouts are geared toward the basics weights, kettle bells, ropes, medicine balls. Nothing too fancy.”

**Contact:** crossfit.com, multiple locations

**Other nominees:** Curves; Women of America

### **Best gym for meeting people**

#### **Gold's Gym or Trophy Fitness Club**

“They’re a little more intimate than the big-box gyms,” Westphall says.

Adds Salas about Trophy Fitness near Thanksgiving Square: “It’s private, it’s clean, it’s not creepy. It’s not the meat market per se. You might meet someone who has an educated sense of themselves, who’s sensible.”

**Contact:** goldsgym.com; multiple locations, including Uptown (214-306-9000)

### **Best hidden gem gym**

#### **Kiest Recreation Center**

Sports nutritionist, triathlete and Sporty Afros (sportyafros.com) founder Alexandria Williams says: “If you need a cheap place to just get out of the house, this is the place. Although the gym doesn’t have the state-of-the-art fitness equipment, it houses a variety of normal people who are committed to moving.”

**Contact:** 3080 S. Hampton Road; 214-670-6194

**Other nominees:** Crull Fitness, Richardson; PowerPlay Fitness Training Studio; Larry North Fitness

### **Best gym for new-fangled equipment**

#### **SWEAT**

Its Alter-G (as in anti-gravity) Treadmill bumps this gym up the list. It’s pushed further by In-Demand Fitness, an individualized feature in which clients pick from a variety of classes —

Zumba, yoga, core — and, says Peterson, “a screen comes down and you have an instructor to teach anytime.”

**Contact:** [sweatdallas.com](http://sweatdallas.com); Lovers Lane at Inwood Road; 214-956-6700

**Other nominees:** Flywheel cycling studio. “It has really cool heart-rate technology displayed on a very fun leader board,” says Arends of JCC.

On the subject of cycling, the **Cycling Center of Dallas** gets kudos from Ironman athlete Michelle Beckley. “You ride your own bike that’s controlled by a computer,” she says. Workouts are designed to “maximize your training.”

### **Best bare-bones gym**

#### **Psycho Gym**

Says Westphall: “It entails a tire, sledge hammer, ropes. It’s in a warehouse-looking building, and you feel like a bad [ahem] when you’re there.”

**Contact:** [psychogymdallas.com](http://psychogymdallas.com); locations in Dallas and Farmers Branch (214-536-4496)

**Other nominees:** Cross-Fit (specifically McKinney and Plano).