

of the resistance work involves light weights, resistance bands, stability balls and Bosu balls.
Where: 2510 Yonge St. (at Castlefield Ave.), Ste. 327, 416-915-2673.
How much: Pilates \$80 an hour, \$700 for 10 sessions; Gyrotonics or personal training \$90 an hour, \$800 for 10 sessions; MAT from \$115 an hour.

Dynamic Conditioning Centre

At DCC, a new 2,400-square-foot loft-style studio, machines are outnumbered by unusual props: concrete blocks, safety cones and an old Russian implement called a kettle bell (imagine a cannonball with a handle). Clients kick soccer balls, hang from monkey bars, make like Spider-Man on hanging nets, climb ropes, jump in sandboxes, pull iron sleds, curl giant water bottles and run around on 600 square feet of Astroturf. If you're

really good, you get to hit a giant tractor tire with a sledgehammer. The general idea is to have fun and develop individual muscles while improving speed, flexibility and stability. Most clients train in private or semi-private situations, but there are also yoga and boxing classes.

Where: 25 St. Nicholas St. (at Wellesley St. W.), Ste. 210, 416-929-7812.

How much: \$135 for initial assessment, \$135 a month for semi-private training; \$85 an hour for one-on-one training sessions, \$80 an hour for a 10-session package, \$75 an hour for a 20-session package; \$20 for individual boxing or yoga classes, or \$75 for five sessions.

Exec-u-fit Personal Fitness Training Centres

Owner Rick Wallace oversees 20 or so trainers, most with phys ed degrees. Busy execs appreciate



WORK AND PLAY Variety is the spice of life at **Dynamic Conditioning Centre** (above), where machines are outnumbered by an unusual mix of equipment, from tires to nets, sledgehammers to monkey bars.



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