



WHERE TO WORK OUT NOW

Elevate your fitness routine at these five new exercise spots in Central Texas.



HILL COUNTRY INDOOR

The Scoop: This massive 150,000-square-foot sports and fitness center opened last December.

Location: Bee Cave

What it offers: Basketball and volleyball courts, rock-climbing walls, artificial turf fields for soccer or lacrosse, batting cages, a running track, exercise equipment, weights, playscapes for kids, and an on-site Dancers Shape studio with Pilates, barre, spin, and yoga classes.

Perfect for: Athletes in training, from grade school to pros, and families

Price: Memberships, \$85 a month, plus \$35 per additional family member; nonmember day pass, \$20. Dancers Shape classes cost extra.

Info: 13875 Bee Cave Pkwy., Bee Cave, hillcountryindoor.com



RISE KICKBOX

The Scoop: Tucked away from the street along Airport Boulevard, this hidden-gem kickboxing studio opened in January.

Location: East Austin

What it offers: Beginner-centric classes like Boxing Fundamentals and Movement Foundations; all-levels-welcome sessions such as KickBox Burn, which combines kickboxing with agility, plyometrics, core work, and strength training, and BootieBox, which includes lower-body conditioning; plus kickboxing classes for intermediate levels.

Perfect for: Anyone curious about kickboxing (must be age 16 and up).

Price: Memberships, \$80 a month; drop-in class, \$15.

Info: 1181 Airport Blvd., Ste. 150, risekickbox.com



ALIVE + WELL

The Scoop: The owners of Hill Country Apothecary and Drip Drop IV Vitamin Bar opened this workout-and-wellness-oriented space in April.

Location: Bee Cave

What it offers: Yoga classes, meditation sessions, massage, acupuncture, three-wave infrared saunas, a float tank, ionic footbath therapy, and wellness consultations.

Perfect for: People looking for a spa-like environment for fitness and self-care activities

Price: Varies per activity. Yoga class, \$18; meditation class, \$12.

Info: 3944 S. Ranch Road 620, Bldg. 6, Bee Cave, aliveandwellaustin.com



YOGA POD

The Scoop: This Colorado-based yoga, meditation, and barre studio opened in February in the Arboretum Crossing shopping center.

Location: North Austin

What it offers: Classes in three fitness rooms: one for unheated yoga, meditation, and cardio-centric PodFit classes; one for barre-centric PodBarre classes; and one for infrared heated PodHot yoga. The studio also has upscale locker rooms with luxurious showers.

Perfect for: Variety lovers. The studio hosts more than 75 different classes a week, so you can mix it up.

Price: Membership, \$119 a month; drop-in class, \$22.

Info: 9333 Research Blvd., C200, yogapod.com/austin



WANDERLUST YOGA DOMAIN

The Scoop: The downtown yoga studio opened its anticipated second location at the Domain in May.

Location: North Austin

What it offers: The same yoga classes as the original location, from Yoga Basics to heated Power Vinyasa to sessions with live music (like live DJs or violinists). In addition, this studio hosts a kids' yoga class on Saturday mornings at the same time as a vinyasa class for adults, should parents want to bring their kids to the studio while they exercise.

Perfect for: Young hip yogis and live music lovers

Price: Membership, \$120 and up a month; drop-in rate, \$25.

Info: 11010 Domain Drive, Ste. 102, wanderlustaustin.com/domain

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