

fashion & shopping preview in

westchester/  
fairfield



## The Good Life Just Got Better

You're looking for a meaningful commitment, so let's talk about your relationship...with your gym. Sure, you say "it's all good" as you join the masses in the same old aerobics class you've taken for a decade. You don't mind when you're greeted and called by the wrong name. At least your personal trainer will remember you...the next time she can fit you into her busy schedule.

You deserve better. Our advice? Check out Altheus Health and Sport, a fully-integrated health and wellness facility in Rye, NY. Whether you're looking to begin a fitness program or change up your routine, the expert personal training coaches will help you attain your goals. The wellness vibe is all around as you enter the facility. To the right, a Body Fusion class—a mix of yoga, flexibility and core strengthening exercises. On the left, the tranquil spa area staffed by the best massage therapists in Westchester. Upstairs, the state-of-the-art Koko "Smartrainer®" equipment is waiting for you. After your workout, review your calorie intake with an on-staff nutritionist who will keep you on track. Next week, work on your golf swing with one of the sport's top coaches. Whatever your choice, the experienced trainers at Altheus will develop a customized program just for you. You'll see results sooner, because you'll be doing the right exercises for your body type, level of experience, and fitness goals. That's because Altheus cares about you. Train with Altheus and train for life!



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