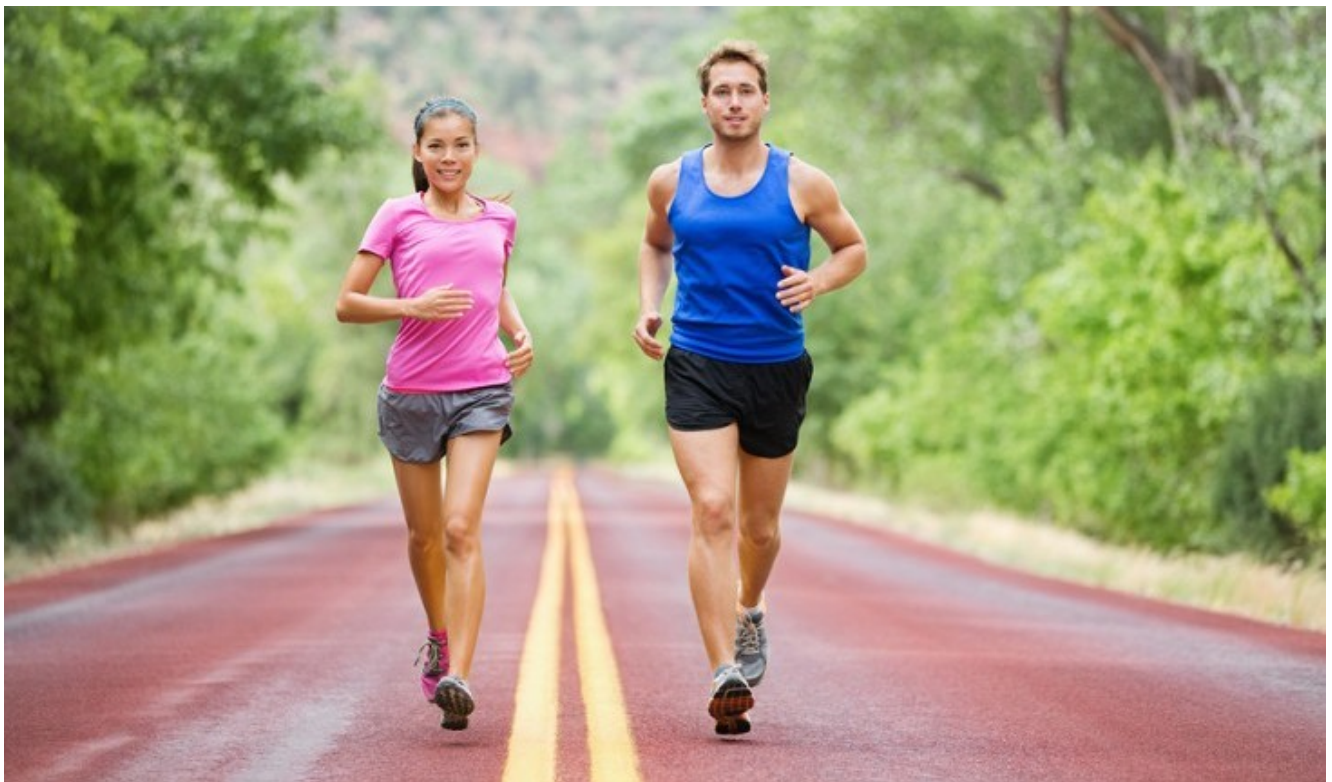


# Fitness Advice: Which Boutique Fitness Studio Is Right for You?



By [Mallory McDonald](#)

2016 has come and gone, and one thing is for sure, [fitness](#) is still in! The difficult part is deciding what kind of exercise is right for you, what works for your body and what doesn't, can be difficult to figure out. We have some [fitness advice](#) for you: throw out your old 2016 gym membership and do what all the [celebrities](#) are doing by joining a boutique fitness studio! While these boutiques are smaller in scale compared to the bigger gyms, they are much more personalized and it is easier to find which studio is exactly right for you. Depending on what has worked for you in the past, these

boutique fitness studios are designed to attract certain people's workout preferences.

## Here are some of the major fitness boutiques that are taking over the fitness world and how to pick which one you should join!

### Bar Method

Bar method is a fitness boutique that specializes in using a ballet barre for building resistance and working with some of the larger muscles. This routine focuses on building muscle mainly in your legs and your abdominal region. While to some this may not be appealing, if you already have a good cardio workout, and are looking for something to tone muscles this could be your perfect fit. Also, if you have always been flexible, or have done dance as a child but didn't stick with it, this could be a way to do something you once loved while staying in shape!



Photo: Barmethod.com

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be For You](#)

### Orangetheory Fitness

Orangetheory fitness is not for the lighthearted when it comes to working out. If you are looking for a cardio-intensive

workout that is going to push you to your breaking point. Each member must pass through five zones of interval training. Some of these interval training include working out on treadmills, rowing and weights. The after burn of this workout is intense, but if you want fast results and are looking to dedicating yourself to a powerful fitness program, Orangetheory is the place to go!



Orangetheory Studio. Photo: Pinterest.com

## **CrossFit**

One of the more popular boutique fitness chains is CrossFit. This fitness plan focuses on functional workouts which include but are not limited to burpees, ab exercises and weights throughout the routine. If you are the type of person who cannot stand doing the same routine over and over again and find yourself not working out because you get bored, CrossFit may be your new fitness home. The routines are constantly varied and you won't ever be doing the same two things. However, it is extremely fast passed with a lot of reps, but they work hard with where you are at physically to make sure you are doing what is best for you body type. CrossFit is known to have very serious members, so if you are looking to join a fitness family this is the right place for you.



Photo: [Crossfitaether.com](http://Crossfitaether.com)

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## **SoulCycle**

If you cannot stand a treadmill or an elliptical but can't find the right cardio workout to shed some calories, SoulCycle is definitely a good option. SoulCycle's aim is to bring some fun into working out which for most people isn't a very fun activity. It is high power indoor cycling and has recently added hand weights and choreography to work on toning your arm and core muscles. The music is very loud and very upbeat to get you set in a good rhythm while your instructor pushes you to your limits! The community within SoulCycle is very strong and if you want to find a good group of friends to workout with you SoulCycle is calling your name!



SoulCycle Studio. Photo:  
[SoulCycle.com](http://SoulCycle.com)

**Make sure before joining any fitness boutique to consult the instructors and the studio on your personal body type, what you want to gain and payment plans!**