work out and your other resolution will follow.

If there's only one resolution you make good on in 2014, you'd be hard pressed to find a better one than getting fit. The many benefits of regular exercise include more energy, better health and an improved mood to help you start the new year strong.

Whether you're looking to set a new personal best in the 10K, lower your cholesterol or fit into your skinny jeans, our goal is to help you make it happen. Our team of fitness professionals is standing by ready to offer their motivation, guidance and support — whatever it takes to help you succeed.

Club features:

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