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LIFESTYLE

44 places in SoCal where workouts are actually fun



(Lively Scout / For The Times)

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The beginning of the new year is the perfect time to launch a new fitness regimen. No baggage and a fresh start! Here, we're giving you dozens and dozens of options to jump-start a tradition of wellness. *And* we're going to make sure your workouts are fun — all the more likely to keep you going back for more. Many of these fitness options are outdoors, but they'll include everything from palatial clubs to tiny storefront boutiques to oceanside exercise groups that meet on the sand. We all know that mixing it up keeps things fresh, so we've also got aerial hoop sessions, wall-climbing and rebounding classes, plus new takes on traditional workouts such as running and swimming. For an extra dose of pampering, we've also included world-class destination spas, which have spent the last two years upgrading, updating and adding even more luxurious amenities to their extensive list of bliss-promoting resources. It's safe to say this list will help you prioritize your health and wellness this year — and beyond.

Now get started on your New Year, and your New You!



(Rancho La Puerta)


A ranch getaway

 Tecate | Spa

One of Baja's best-known fitness resorts is just an hour south of San Diego in Tecate, Mexico. Rancho La Puerta offers visitors 4,000 private acres of gardens, mountains and meadows, plus extensive workouts. The Ranch has 80 fitness classes weekly, including yoga, Pilates, hiking trails and low-impact aerobic workouts that include jazz, modern and Eastern dance forms. The property also has low-impact water classes, including aqua board training. Weekly starting rates are \$4,150 per person, double occupancy.

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