

LOOKS

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A NEW SPIN

Most of us turn to technology at the gym mainly when we want a distraction. Rather than watching that little dot make it around the treadmill track, we opt for *General Hospital* or the iPod.

Enter the **Expresso Bike**, billed as the first stationary cycle "to fuse entertainment with Web-based personalization." Anytime Fitness in Oak Cliff's Bishop Arts District is one of the first in Dallas to offer the \$5,145 bike, which features a 17-inch video screen mounted on the handlebars. Bikers pick one of 30 routes of varying difficulty, from the California coast to majestic mountains. (The gaming option lets you ride over objects for additional points.)

"What's really neat is that the handlebars move, and you can shift up and down 30 gears," says Anytime Fitness co-owner Renee Reed, adding that two people can log on to the same course and ride together. "You're so into it, and by the end you've gotten a killer workout."

Anytime Fitness, 611 N. Bishop Ave.,
214-948-6161, clubsanytime.com/dallastx



Pedal power: The video-equipped Expresso Bike