

## **AT LAST: A NO-NONSENSE GYM**

You don't have to be hard-core to join Steel Gym. But once you start hitting the weights and machines at this well-known Chelsea training center, you'll become devoted to your workouts. As one of the few independently owned full-service gyms in the city, Steel offers clean, well-maintained equipment, weights, and stations. Maybe that's why it was ranked the Number 1 gym in all of New York City for the second year in a row, based on cost, cleanliness, equipment, and service by the American Fitness Institute. Best of all, Steel is offering special holiday gift certificates, so you can give the most precious gift of all—the gift of better health. The certificates run in various denominations, from as little as \$10. People can come in and redeem these for branded shirts and other clothes, as well as shakes and healthy treats from the snack bar. Or they can put them toward a membership. Steel is also running a "Get in Shape/Stay in Shape" membership special for the holidays, so you can work off all that turkey and stuffing. It's a great gift—for yourself.

### ***STEEL GYM***

146 West 23rd Street, 212-495-9494,

[www.steelgym.com](http://www.steelgym.com)