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Trending.

Bike with your besties!

Turns out, all those spin and barre sessions are doing more for you than just torching calories. New research in the *Journal of the American Osteopathic Association* finds that they also do wonders for your mental health. In the small study, the people who worked out in a group exercise setting at least once a week for 12 weeks felt 26 percent less stressed, while the ones who exercised by themselves didn't experience any notable difference in their stress levels. Now you have a solid excuse to splurge on a pack of your favorite classes.

IN A CLASS RUT?
Head to health.com/workout-class-adventure for a list of our top group exercise picks.