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.