

Most motivating exercise instructor
The fitness program at George Brown at Level 2 Fitness will keep you pushing through the Cardio Circuit and beyond. 550 College St., 416-927-8174.

Godliest Ayurvedic treatment Andrea Olivera crosses Eastern mysticism with Western practicality, using warm crystals and feathers, among other more traditional tools. By appointment, 416-504-6049, www.ayurvedictouch.com. *The Yoga Sanctuary, 2 College St., 416-928-3236.*

Best argument for continuing your education The new round stadium, built for the 2015 Pan Am Games, is a testament to the city's commitment to excellence. 550 College St., 416-927-8174.