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# FITNESS

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NEW YORK EDITION

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# FITNESS



Yoga to the People



re:AB Pilates



Warrior Fitness Boot Camp



Aerial Silks

**Best Calorie Burn for Your Buck:**

**Punk Rope**

Like P.E. for grown-ups, a fast-paced Punk Rope class will have you skipping rope nonstop, torching about 10 calories per minute.

14th Street Y, 344 E. 14th St., **MAP**

**Best Yoga on a Budget:**

**Yoga to the People**

Charity begins at *om* with this donation-based studio where pretension is checked at the door. (Brooklyn location opening soon.)

12 St. Marks Place, 2nd Fl., (917) 573-9642, **MAP**

**Best Yoga for Serious Devotees:**

**Kula Yoga Project**

Founded by revered instructor Schuyler Grant, this studio has a slew of seasoned followers, but newbies can still take advantage of beginner classes.

28 Warren St., 4th Fl., (212) 945-4460, **MAP**

**Best Boot Camp Class:**

**Warrior Fitness Boot Camp**

Ten-hut! Not for the faint of heart, this class, led by two former Marines, will have you begging for mercy—then coming back for more.

29 W. 35th St., 3rd Fl., (212) 967-7977, **MAP**

**Best Pilates Studio:**

**re:AB Pilates**

Strengthen your core with classes at Brooke Siler's signature studio. If you can't train with Siler, try a mat session.

33 Bleecker St., Suite 2C, (212) 420-9111, **MAP**

**Best Place for a Private Training:**

**TIE**

**Rich Barretta Private Training**

The urban-chic, exposed brick studio will make you feel like you're in your friend's swank digs, while tatted trainers will get you toned with tough love.

1 W. 22nd St., 2nd Fl., (212) 627-1496, **MAP**

**Madison Square Club**

The high-end health club from Heidi Klum's go-to guy David Kirsch offers one-on-one attention to help you firm up and slim down.

210 5th Ave., 7th Fl., (212) 683-1836, **MAP**

**Best Dance Class:**

**Broadway Bodies**

Channel your inner chorus girl. You'll learn the moves to your favorite musicals while working up a sweat.

151 W. 26th St., 6th Fl., (212) 924-5877, **MAP**

**Best Class You Haven't Tried Yet:**

**Aerial Silks**

Get a Cirque du Soleil style workout with choreographer Cody Schreger who will help you climb, flip and twirl on two silk ropes.

51 N. 1st St., (917) 657-3160, **MAP**