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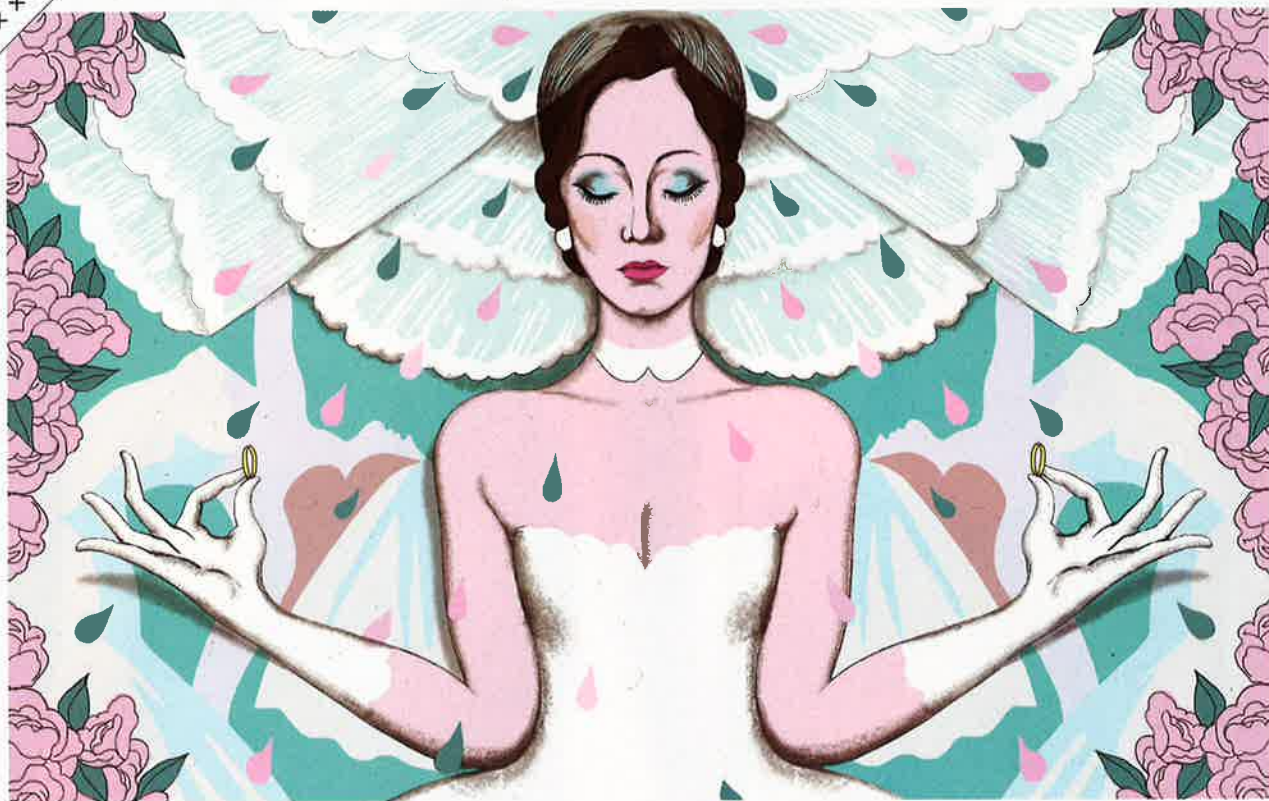


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## Work Out ... and Chill Out

Five fitness classes that will tone you up and calm you down.

BY RANDI EICHENBAUM

### FOR SOUL-SEARCHING FITNESS GROUPIES

*The Class*, 291 Broadway, nr. Duane St.; [theclasswithtt.com](http://theclasswithtt.com); \$30 per class.

➔➔ Veteran fitness instructor Taryn Toomey tells everyone in her aerobics-cum-strength-training hybrid (**known as "the class"**) to close their eyes as they go through cardiovascular moves like squats and hops and on-the-mat toning sequences. Students are encouraged to take deep breaths to get through tough muscle-working moments, and there are exercises dedicated to shaking it all out—both physically and mentally.

### FOR LOW-KEY SPIN ENTHUSIASTS

*AQUA Studio*, 78 Franklin St., nr. Church St. 212-966-6784; \$40 per class.

➔➔ Spin classes have a reputation for blaring music and screaming instructors, but **there's a soothing, spalike quality** to AQUA Studio's in-water cycling class. Forty-five-minute sessions are done on bikes submerged in 84-degree swimming pools, with upbeat tunes playing in the background. Expect to reap physical and mental benefits: The water resistance created by your pedaling combats cellulite, while the lapping sounds counteract stress.

### FOR ZEN-MINDED JOCKS

*Circuit of Change* 57 W. 16th St., nr. Sixth Ave. 212-255-0053; \$27 per class.

➔➔ No one will tell you to "get down and give me twenty" at this **Chelsea boot-camp class** founded and led by Brian Delmonico. The former Ironman, who is trained in both the martial-arts technique Muay Thai and yoga, has a decidedly gentle vibe. His hour-long sessions incorporate body-shredding kickboxing and push-ups with calming child's poses and meditative breathing. "We're constantly pushing positivity," Delmonico says.

### FOR THOSE IN NEED OF SOME TLC

*intenSati*, taught at various Equinox gym locations [satilife.com](http://satilife.com); monthly memberships vary.

➔➔ A combination of kickboxing, dance, and interval training, *intenSati* is said to burn up to 800 calories per class—all in the name of self-love. Angry New Yorkers flock to the various Equinox gyms where founder Patricia Moreno presides, **leading the group in life-affirming chants**. ("I have what it takes.") Inspiring music is mixed in throughout the class, while ten minutes of deep breathing cap things off.

### FOR YOGIS LOOKING TO SWEAT

*Power Yoga at the Lyon's Den*, 279 Church St., nr. White St.; 646-490-8888 \$24 per class.

➔➔ This Tribeca studio is the only one in the city to teach Baptiste Yoga classes, which borrow the 90-degree rooms of the Bikram method but offer a fast-paced approach focused on the breath-to-movement connection. The 90-minute "Journey to Power" class **combines posture and alignment basics** with negativity-releasing meditations, where brides-to-be can get rid of whatever issues they're dealing with—bossy mothers-in-law included.