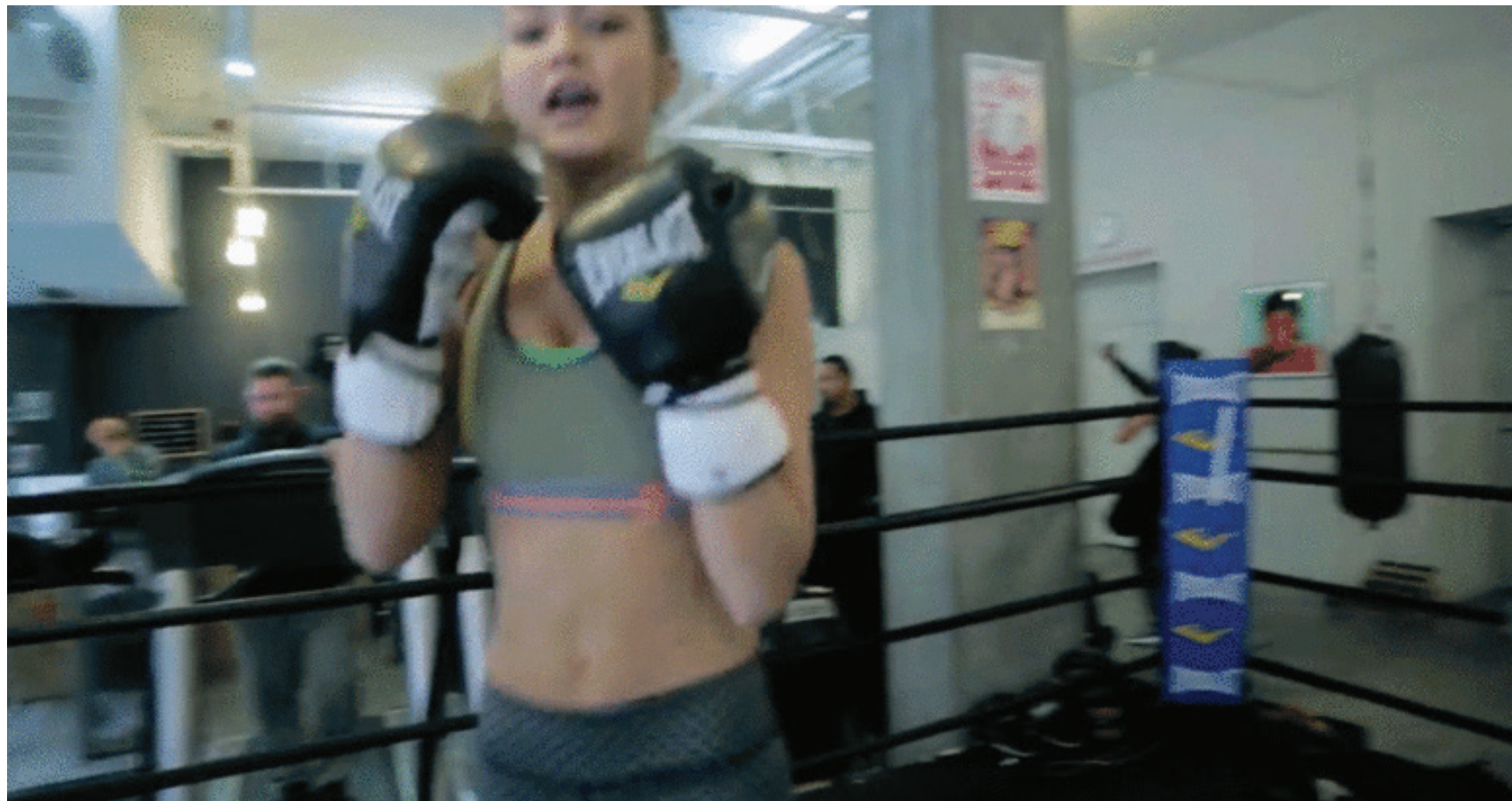


VOGUE

BEAUTY > HEALTH & FITNESS

9 Fitness Destinations for Your Best Body Yet

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by ZOE RUFFNER



Video by Barbara Anastacio



Blame it on the dwindling temperatures, or the mind-dizzying state of affairs, but this winter has left many of us more than willing to take up residence on the sofa. Yes, it allowed us to answer the siren call of *Big Little Lies* or an end of the day glass of Pinot (or both), but soon enough, the return of warm weather—and bare limbs—will be enough reason to spring our bodies—and minds—back into action. Here, a look at nine fitness destinations in New York City that will have us putting our strongest, most energetic foot forward in no time.

Lyons Den Power Yoga

Practice your flow in Lyons Den's new Chelsea space, opening in April. The heated Baptiste method classes, popular among models for their lengthening and toning effects, will offer a reset for both your body and mind.

267 West 17th Street, Second Floor, lyonsdenpoweryoga.com