

# DU/JOUR

BODY \ NEW YORK

## SUMMER BODY PREP

Three new boutique NYC fitness studios to help you firm up fast

NATASHA WOLFF

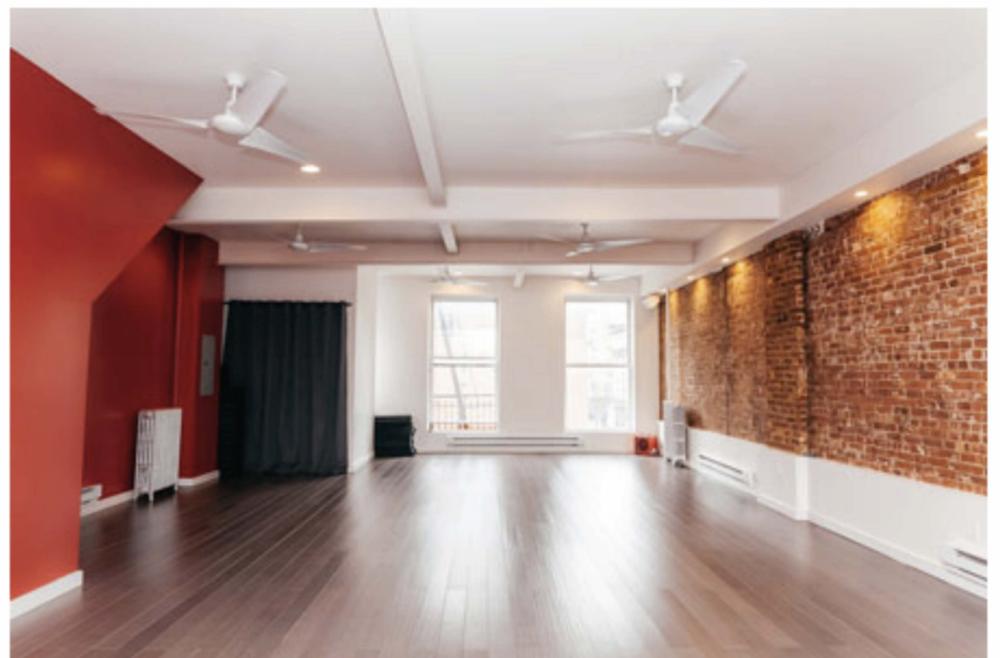
The time is nigh to get bikini-ready, and we've got an inside look at new **NYC fitness studios** that will get the job done. These tried and true workouts aren't for the faint of heart, but trust us when we promise that the pain is worth the gain. From the Upper East Side to Tribeca, we've got you covered for summer!

## LYONS DEN POWER YOGA

The only Baptiste hot power Vinyasa studio in NYC, **Lyon's Den Power Yoga** in Tribeca offers intense 60 and 90-minute classes done in 90-95 degree heat. Its compelling founder and master instructor Bethany Lyons teaches a high-energy, sweat-drenching class. Seriously, be prepared to wobble versus walk for days post-session. "Our vision is simple," says Lyons, "Empower others to lead their lives with integrity and courage through the practice of yoga." A classically trained dancer, Bethany received a Power Yoga certification in 2002 and has continued her studies with Baron Baptiste and the Baptiste community since 2007. "While the benefits of this Baptiste practice go far beyond a leaner, stronger body and enviable muscle tone, we realize that these effects alone are great motivators to get on the mat," says Lyons. Consider us motivated—we can't wait to go back.

279 Church Street, 3rd floor

[lyonsdenpoweryoga.com](http://lyonsdenpoweryoga.com)



Lyons Den Power Yoga

## CHAISEFITNESS PRIVATE STUDIO

The recently opened Upper East Side outpost of **ChaiseFitness Private Studio's** flagship Flatiron location offers a new program for devotees of their signature Reinvention Method class. Led by co-founder Lauren Piskin, the new location provides a personalized approach to traditional Pilates instruction, featuring five reformers (including the sleek new Allegro 2 model). The first level features a highly specialized, multilayered foam-cushioned floor designed to promote injury-free workouts and provide the ultimate in aerobic performance, along with custom design elements such as lockers, polished light fixtures and a private dressing room. "We have received requests from devoted clients in search of a more one-on-one experience," says Piskin. "The core of the ChaiseFitness Method has always been Pilates, and it seems natural to offer a studio where our clients can truly benefit from this toning workout with our innovative Method." The Cardio and Reformation Reinvention Chair classes we've taken a big step forward in places we never knew existed.

1204 Lexington Avenue

[chaisefitness.com](http://chaisefitness.com)



ChaiseFitness Private Studio

## TONE HOUSE

A killer hour-plus interval training session at **Tone House New York** left us feeling dead to the world. The 2,000-square-foot studio is outfitted in black astro turf and offers group movement-based training sessions that focus on resistance training and cardio endurance to increase strength, power and agility. What sets this studio apart is their wide assortment of equipment, from pylo boxes to sandbags and training ropes to a terrifying chest harness. "I think everyone should have the opportunity to workout like an elite athlete and feel the motivation and inspiration that team sports provides," explains founder Alonzo Wilson. "Our goal is to implement the movement training philosophy, equipment, and challenging workouts normally geared toward pro to anyone looking to take their fitness journey to the next level."

20 East 17rd Street, 2nd Floor

[tonehousenewyork.com](http://tonehousenewyork.com)



Tone House