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FITNESS NEWS

By Amy Schlinger

## \*This\* Is New York City's Fittest Spot

All of the city's chiseled bodies flock to this specific building.

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The [Fhitting Room](#), a super-popular HIIT (high-intensity interval training) studio, just announced the opening of its latest 2,100 square-foot location, one that's filled with rowers, battle ropes, kettlebells, dumbbells, medicine balls and suspension trainers. *And* it happens to be located in one of the hottest (and fittest) workout spots in NYC. That's because they're opening at 201 East 67th Street, a building that also houses a few other beloved workout studios as well. Here's what you'll find when you step inside this fit mecca.

### Second Floor: FlyBarre

Think ballet with muscles! You'll use the barre (and feel *almost* like [Misty Copeland](#)) to perform small movements like squat pulses and supplement that with resistance training using light weights, resistance bands and an inflatable ball. [FlyBarre](#) is a total-body workout that looks graceful, but guarantees that you'll feel the burn.

### Third Floor: Flywheel

The mother to FlyBarre, [Flywheel](#) is a high-intensity cycling workout will spike your heart rate so you can burn serious calories. The 45 or 60-minute stationary bike-based classes also incorporate a song portion devoted to working with a weighted bar, focusing on toning your upper body. Use the adrenaline rush from the leaderboard (that displays real-time performance stats but only at your request) and stadium-style seating, set up to push your limits on a sweaty, yet mind-clearing ride.

### Fourth Floor: SLT

This studio's name says it all: [Strengthen](#), [Lengthen](#), [Tone](#). Using the [Megaformer](#) machine, you'll combine cardio and strength-training exercises with small muscle-quivering Pilates movements. Instructors give lots of individualized attention to help you sculpt a stronger, well, everything.

### Fifth Floor: Fhitting Room

Sweat till you can't sweat no more during this crazy-intense HIIT workout. You'll experience quick bursts of all-out effort, varied exercises (think box jumps, suspension push-ups, rowing) followed by short recovery periods. You'll be sore for days. But in the best way.

The only thing that's missing is a juice bar and sauna—any takers?

Alba Vigaray, Getty