



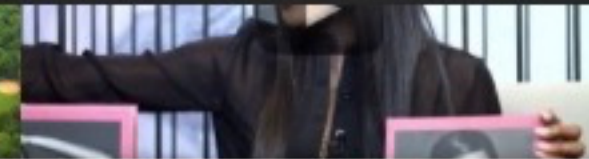
Jennifer Lopez Performs "Ain't Your Mama" &...



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#TheLIST: The New Upper East Side



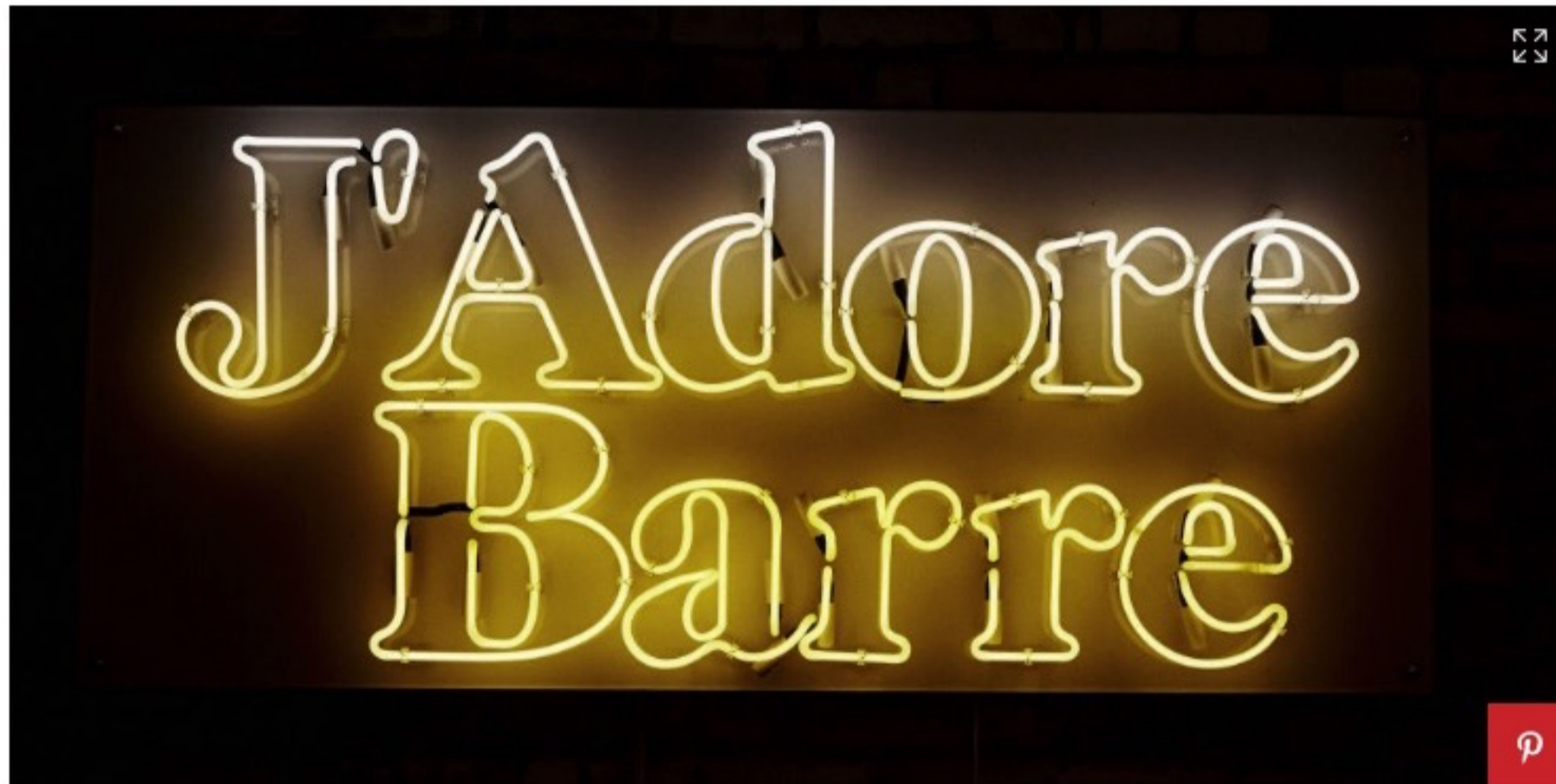
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CULT FITNESS STUDIO POP PHYSIQUE OPENS IN NYC

The beloved barre studio that's won over the L.A. crowd finally arrives in Manhattan.



Pop Physique



By Sam Neibart Nov 30, 2015

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Here's one very good reason to get a head start on your inevitable New Year's resolution: Pop Physique, the celeb-studded, cult favorite, California-based barre studio created by Jennifer Williams, is opening its long-awaited NYC location on December 5th in NoMad. The one-hour ballet barre classes, which have converted clients such as Diane Kruger, Vanessa Hudgens, Brie Larson and the HAIM sisters, are based on the Lotte Berk system and take an artistic approach to fitness. You can expect the New York location to have the same cheeky '80s Day-Glo aesthetic, thanks to neon signs and fishnet wallpaper, as well as a constantly updated playlist of indie, hip hop and electronic dance music. Leotards and legwarmers are optional, but we'd be willing to bet you're going to want to wear them after seeing your new barre butt.



Pop Physique

Pop Physique, 31 W 26th Street, popphysique.com.

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