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The Fhitting Room will open in New York City's fittest building



Popular high-intensity interval training studio **The Fhitting Room** just announced it will open its third Big Apple location soon, on the Upper East Side—in what may be New York City's fittest building.

The studio, expected to open this summer, comes directly on the heels of **the Flatiron Flagship**, which opened in February (talk about high-intensity moves), and is less than 15 blocks away from **the original location** on Lexington Avenue at 80th Street.

And it comes with a fun twist: A fitness “Penthouse” location on the top floor of 201 East 67th Street, at Third Avenue, an address which has serious fitness pedigree.

Top cycling brand **Flywheel** opened on the third floor after it **took over a Ride the Zone** location there in March 2011, and the company debuted a shiny new **Flybarre** studio in January 2015, on the second floor, with showers and changing rooms. Megaformer mega-brand **SLT** opened on the fourth floor in September 2014. Even the one business that recently left the building, **Method Gym**, was a all about working out.

“This building offers a unique opportunity to be housed under the same roof as some of the best and most complementary boutique workouts in New York City,” says Fhitting Room owner Kari Saitowitz.

So is the landlord a sweat junkie with fitness class-hopping aspirations? Actually, the building was purchased last year by corporate real estate company **Acadia**. “They were interested in continuing the legacy of the building being a fitness-focused building...but making it higher end,” says **SLT** owner Amanda Freeman.

Maybe that means they'll figure out how to make an elevator packed with super sweaty people smell great? —*Lisa Elaine Held*

For more information, visit www.fhittingroom.com

(Photo: *The Fhitting Room*)

Tagged: Flywheel, HIIT, New York City Edition, SLT



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