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NYC Lifestyle

Cardio Refresh

Sometimes, the best way to kick-start your fitness routine is by mixing things up with something a little more fun or outside your comfort zone. Not sure where to look? This week's edition of NYC Lifestyle includes some of the coolest fitness studios around town.

Tracey Anderson | Midtown & Tribeca

Celebrity fitness and wellness coach Tracey Anderson is known for her signature combination of dance and barre – [the Tracey Anderson Method](#). While her programs may leave your legs and glutes particularly fatigued, Anderson's classes are designed to be fun, uptempo, and a safe space for everyone.

The Muse | Bushwick

The Muse offers training for professional circus performers and novice enthusiasts including kids and adults. [Youth programming](#) includes Rising Stars for kids ages 5 to 16 and open floor playdates every Sunday. Adults get to enjoy [aerial training and performance building](#).

305 Dance Party | Midtown & West Village

Dance like nobody's watching at [305 Fitness](#), a TikTok-worthy movement studio where having a blast is both required and unavoidable. The music-driven class is led by an instructor who shows you the moves, typically a combination of steps, dips, punches, and twirls. [HIIT](#) has *never* looked or felt more fabulous.

Aquacycling | Tribeca

[Aquacycling](#) is exactly what it sounds like – an underwater spin class. At this unique spin studio, the bikes are submerged in an 84-degree saltwater pool, which adds natural, low-impact resistance against the bike pedals. Not only is this one of the coolest classes in New York, the studio's three-story ceilings create a heavenly vibe.



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Mark Fisher Fitness | Midtown West

[Mark Fisher Fitness](#) has a simple motto – “We help people who hate gyms find a fitness home they actually love.” The journey begins with a virtual strategy session to help identify a track that best suits your long-term goals. The studio prides itself as a highly diverse and inclusive space for all types of patrons who need an extra shot of fun to workout.

The Gaga Center | Upper East Side

While there’s no affiliation with pop icon Lady Gaga, [The Gaga Center](#) offers an indoor, octagon arena for kids to play a face-paced, high-cardio game of Gaga. The game is a much friendlier version of dodgeball that involves constant movement with rounds that last no longer than five minutes.

Salt Drop | NoHo

Tucked away in a cozy downtown loft is [Salt Drop](#), a fitness studio that blends Pilates with challenging HIIT sequences, set to a deep house soundtrack and mood-enhancing lights. If you’re in marathon shape or if it’s your first time moving in a while, have no fear. The instructors are trained to challenge and adapt the floorwork, as needed.

The Class by Taryn Toomey | Tribeca

Known simply as ‘The Class,’ this [downtown studio](#) offers over a dozen instructed sessions including prenatal fitness, meditation, HIIT for athletes, yoga flow, and more. Single classes are priced at \$35, or consider purchasing a class package for maximum value.