



FirstService
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Lifestyle

Fall Fitness

While gyms and fitness centers are starting to reopen, many New Yorkers are hesitant to resume their normal fitness routines. As an alternative, try some of these outdoor and at-home fitness programs newly available this fall.

Yoga on the Edge

- » Located at 30 Hudson Yards, 'Edge' is the highest outdoor observation deck in the Western Hemisphere. With the help of Equinox, the venue now offers yoga classes 1,100 feet in the sky! Morning classes are \$50 each and include a yoga mat and 30 minutes to take in the views and snap a selfie. [Click here to book your class.](#)

Rowgatta On-Demand

- » Rowgatta, a boutique rowing studio in Manhattan, recently launched a collection of virtual, on-demand training programs designed to accommodate all levels of fitness with whatever equipment you have. Whether you're working out at home, in the park, or at your building's fitness center, [Rowgatta-On-Demand has plenty of options](#) to maximize your workout.

Outdoor Spin Class at BYKLYN Yard

- » BYKLYN Yard is New York City's first all-outdoor spin studio. Located at 421 Dean Street in Park Slope, Brooklyn, the pop-up studio includes 18 bikes spread at least six feet apart, "silent-disco" technology that broadcasts a track list to your personal headset, and a stringent check-in policy to minimize touchpoints. [Plan your visit today.](#)

Cardio Dance Class at Bryant Park

- » 305 Fitness, which specializes in dance-cardio workouts, now offers outdoor classes at Bryant Park. For \$30, attendees are invited to join 305 Fitness for a hip-popping, socially-distanced fitness party on Tuesday and Thursday evenings, as well as early morning sessions on Saturdays and Sundays. [Click here for a full schedule.](#)

until next time...