



NYC Lifestyle

Health & Wellness

Fitness doesn't have to be expensive or boring, especially when you live in New York City. In this edition of NYC Lifestyle, we have gathered easy at-home ideas for exercise and unique movement experiences throughout the five boroughs. Go surfing on a rooftop one weekend and take a free Zumba class with friends the next!

Gympass Membership

[Gympass memberships](#) are perfect if you're looking to diversify your fitness routine. There are several membership tiers that include access to SoulCycle studios, Barry's Bootcamp, Crunch Fitness and wellness apps like [Calm](#) for you to exercise both your mind and body.

Becoming a Runner

Have you ever been inspired to become a runner after watching the New York Marathon, but just don't know where to begin? [The New York Times released a training guide](#) for beginners, marathon runners and everyone in between. A training plan is necessary to increase endurance and avoid injury.

Free Group Classes

If you'd rather dance with friends than go for a solo jog, Shape Up New York may be the program for you. Shape Up New York hosts free classes across all genres of exercise including Zumba, cardio dance, and kickboxing. [Click here to see the full schedule](#) and to pre-register for a class.

Surfing in NYC

Want to go surfing without sitting on the A train for 90 minutes? [Surfset New York City](#) holds indoor and rooftop exercise classes focused on full body workouts and stability. In the class, each student uses a real surfboard for unique workouts that are equal parts challenging and fun. [Sign up for a class today.](#)



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Exercises for Desk Jobs

Sitting all day is associated with adverse effects on your health including poor posture and back strain, yet most jobs or schooling require significant periods seated at a desk. Following exercises specifically targeting affected areas such as your core and posterior muscles can help. [Try these suggestions from Self Magazine](#) during your lunch break or after a day in the office.

Let's Do Push-Ups

Completing a set of push-ups is a great feeling and a motivator to continue your fitness journey. [Healthline published a list](#) of push-up variations and tips for beginners or those who want to work on their form. Modifications can always be made to personally tailor your routine for joint relief or limited mobility.

Namaste Your Apartment

The space where you practice yoga can have a great impact on your motivation and experience. To create a [designated yoga area](#), *Yoga Digest* offers pro-tips including where to store your equipment, how to fill the space with inspiring scents and imagery, and the importance of eliminating distracting items in your home.

Peloton Price Drop

If you've ever contemplated [purchasing a Peloton](#), now may be the time! Peloton recently decreased the cost of equipment by nearly \$400, with all-access monthly subscription fees now priced at \$40 after a 30-day free trial of their app. Classes include weight training, boxing, Pilates, barre, yoga and more!