



FirstService
RESIDENTIAL

As the weather warms up and the city reopens, there's never been a better time to get up, get out and enjoy our beautiful city. This week, we invite you to kick-up your wellness routine and explore these not-so-typical destinations and activities.

NYC Lifestyle

Out & About the City

Adventure Time with Manhattan Kayak Co.

From sunset journeys to river crossings and trips to the palisades, [Manhattan Kayak Co.'s skyline adventures](#) are some of the most scenic experiences in New York City. The company has trips and lesson packages for most ages and experience levels. Space is extremely limited, so be sure to plan ahead.

The Yoga Trail at Central Park

Discover peace of mind and perfect your poses at [The Yoga Trail](#), a Trip Advisor-recommended outdoor studio in Central Park. The studio's daily Vinyasa classes are designed to unlock tension, relieve stress and establish a physical foundation for healthy breathing and alignment.

Unleash Your Inner Athlete at Tone House

Tone House is one of the city's most popular athletic training facilities and builds off the mantra that every individual has the capacity to be like the athletes they admire and to train like them. [Outdoor programming is now available](#) at East River Park for first-timers, existing members and professional athletes.

Get 'Amp'd' at Brooklyn Bridge Park

Amp'd is a long-running outdoor strength and cardio series powered by Chelsea Piers Fitness. Located on the shores of Brooklyn Bridge Park, sessions take place every Thursday from 6:00 p.m. to 7:00 p.m. and are open to all fitness levels. [Advanced registration is required.](#)



FirstService
RESIDENTIAL

NYC Lifestyle

Out & About the City

Outdoor Zumba with Dodge YMCA

This spring, Downtown Brooklyn's Dodge YMCA relaunched its free outdoor ZUMBA classes at MetroTech Center. Reservations for the Wednesday evening classes typically sell out within hours of being announced, so keep an [eye-out here for the next release](#).

Best Hiking Destinations Near NYC

[TimeOut New York](#) recently curated a list of the best hiking destinations in the New York City area. Some of our favorites include Malouf's Mountain Sunset Camp, the Stairway to Heaven Trail, and Blue Mountain Reservation Loop. Most of the destinations take 90 minutes or less to reach by train from Grand Central Station.

CrossFit 718 at Industry City, Brooklyn

CrossFit 718 invites you to end your Thursday evenings with a little, or a lot of sweat – no judgements! The [classes are free](#) and take place on Industry City's grassy commercial campus and can be modified to accommodate both first-time cross fitters and experienced patrons.

Storm King Arts Center

Located in Hudson Valley, [Storm King Arts Center](#) is a 500-acre outdoor museum comprising dozens of building-size sculptures and rotating installations. Visitors are invited to traverse the property on foot or on a bike – just be sure to bring a water bottle, sunscreen and maybe even a picnic basket.