



NYC Lifestyle

Pre-Holiday Fitness

There's nothing better than heading into the holiday season feeling your absolute best. We encourage you to take advantage of the unseasonably warm weather and head outdoors to these upcoming fitness classes and events.

- **Sutton East Tennis Club**

The exclusive Sutton East Tennis Club in Manhattan is now offering a 50% discount on one-hour clinics and training sessions. Whether you're a beginner or an advanced athlete, each booking includes a dedicated coach who will help you improve your game. Space is limited, so [make your reservation today](#).

- **Vinyasa Yoga in Central Park**

Urban Yoga NYC invites you to join their crew of instructors for outdoor Vinyasa yoga classes atop Central Park's Frisbee Hill. Located near East 72nd Street, the classes take place multiple days a week and are designed for all body-types, ages, and experience levels. [Click here for a full schedule](#).

- **The Pack Outdoor Gym in Long Island City**

The Pack LIC is an outdoor gym that hosts high-intensity fitness classes and personalized sessions on the waterfront edge of Long Island City. Classes are available to patrons of all fitness levels and can be modified to provide everyone with a fun and challenging experience. [Click here to plan your visit](#).

- **Outdoor ZUMBA in Downtown Brooklyn**

The Dodge YMCA is offering outdoor ZUMBA classes every Wednesday evening at MetroTech Commons in Downtown Brooklyn. Each class is led by an instructor who will help you sweat it out to the tune of Afro-Caribbean beats. While classes are free to attend, registration is required to help maintain social distancing. [Click here to register](#).