



# CLASS ACTION

KEEP YOUR BEACH BODY IN SHAPE THROUGH THE FALL WITH THESE NEW AND UP-AND-COMING FITNESS OFFERINGS.

By Camille Hunt

### CROSSFIT SOLACE

This Murray Hill-based studio is taking CrossFit outside of the “box” (that’s what devotees call their generally bare-bones workout facilities). The 11,000-square-foot space, opening its doors in mid-October, will have luxe locker rooms with showers, vanity mirrors and Gilchrist & Soames products, as well as a full-service gym with personal training and nutritional guidance, a dedicated CrossFit area and Olympic lifting platform, and even supplemental mobility courses (designed to prevent injury) and yoga (helmed by Pure Yoga’s Nina Marchione). *Founding membership rates from \$2,100 for one year for a limited time, drop-in classes and monthly memberships will also be available, 38 E. 32nd St., crossfitsolace.com*

### DAVIDBARTONGYM

Leave it to the owners of the provocative DavidBartonGym to transform Chelsea’s iconic Limelight—a Gothic Revival church-turned-legendary nightclub-turned-minimall—into the hottest place to work out. Set to open next month, the 20,000-square-foot space will feature cardio machines with touch-screen tablet consoles, live DJs and a cutting-edge light and sound system.



And according to designer Bill Safield, the club will be more understated than its NYC sister locations, with interiors that are “sophisticated with a wink to the eponymous nightclub of the 1980s.” *Preopening rates from \$141 per month, 656 Sixth Ave., davidbartongym.com*

### EPICHYBRID TRAINING

New Yorkers can channel their inner Spartan warrior at this top-tier training facility, which opened its second location in July. The hybrid strength and conditioning program—high-intensity interval training mixed with full-body mobility movements and obstacle races—is based on a four-week cycle, with every day of the week having a different concentration, and with routines changing every month. The best part: Classes are small (no more than 16



**WEIGHTING GAMES** Clockwise from top left: The rope climbing wall at Epichybrid Training; Equinox’s Bryant Park outpost; DavidBartonGym’s newest location inside the iconic Limelight in Chelsea.

people), and the gym has a 2,000-square-foot rooftop equipped with climbing ropes, a spear-throwing station, a traverse wall and, for all you *American Ninja Warrior* fans, the only salmon ladder in the NYC area. *Membership rates from \$199 a month for three classes per week, drop-in classes are \$35, 38 W. 38th St., epichybridtraining.com*

### EQUINOX

The upscale fitness brand made two bold moves this summer. First, in June, it welcomed its 20th NYC location at Bryant Park (129 W. 41st St.), a 30,000-square-foot gym featuring a theatrical 40-foot-high glass cube reception area and a double-height fitness floor, as well as a spa, a retail shop and a Juice Press kiosk serving organic pressed juices, smoothies and raw food. Then, in July, the company announced its acquisition of the behemoth Reebok Sports Club/NY (160 Columbus Ave.) that boasts a swimming pool, volleyball, soccer and basketball courts, a boxing studio and a rock climbing wall, all within 140,000 square feet. *Membership rates from \$160 per month plus initiation fee, equinox.com*

### THE FITTING ROOM

The Upper East Side-based HIIT studio—known for its small classes (one trainer per six attendees) and fat-busting routines incorporating kettlebells, suspension bands, rowers and more—is opening a new location in the Flatiron District in late October that will be four times the original’s size. The 4,000-square-foot boutique will house a top-floor studio that can accommodate 25 people and a lower level that fits 12, as well as locker rooms with showers, makeup stations and digital lockers. *\$35 per class, 31 W. 19th St., thefittingroom.com*

EPICHYBRID PHOTO BY SHALIN MAJDER