



We are the best part of a member's day, every day.

News Release

Park Slope Spinning/Kickboxing Studio Has a New Look!

If you haven't checked out our Spin and Kickboxing studio in Park Slope you are missing out on an amazing experience! We have recently redesigned the studio to give you a workout experience like no other. The following amenities have been added:

- a new heating system
- a DVD projector and wall screen that blasts video footage of everything from cycling training rides through the Adirondack mountains to world class kickboxing championship matches and Lance Armstrong's 7 tour de france victories!
- a state of art sound system that makes you feel like you are on the dance floor at the hottest club in the city!
- A new lighting system that changes by the moment, and creates an experience like you've never had before in a fitness class!

Don't miss out on experiencing this amazing fitness studio and check out our group fitness schedule today for our classes in Studio B!

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