

STAY FIT IN NYC: YOUR LOCAL SPORTS CLUB GUIDE

CRUNCH FITNESS

Whether you prefer strength training with machines or free weights, group fitness classes, or cardio, Crunch has it all. Day passes are available at Crunch Fitness locations nearby for ~\$50.00. Simply enter the location, and the on-site staff will assist you. If you are trying Crunch Fitness for the first time, you can also request a free 1-day trial pass via their website.

crunch.com

Closest Location: 511 Lexington Ave, New York, NY 10017 (1-minute walk)

SOULCYCLE

SoulCycle is an indoor cycling class that features high-intensity cardio, muscle-sculpting strength training, and rhythm-based choreography. Single class passes can be purchased on SoulCycle's website for ~\$40.00 per class. Shoe rentals in all sizes are available for an additional fee of ~\$4.00 per class.

soul-cycle.com

Closest Location: 240 East 54th Street, New York, NY 10022 (12-minute walk)

EQUINOX

Equinox Fitness is a luxury fitness club known for its high-end facilities, diverse fitness classes, and exclusive services. It offers a range of amenities such as state-of-the-art equipment, personal training, spa services, and specialized group fitness classes. Day passes are available for ~\$75.00. Simply enter the location, and the on-site staff will assist you.

equinox.com

Closest Location: 420 Lexington Avenue, New York, NY 10170 (5-minute walk)

BARRY'S BOOTCAMP

Barry's Bootcamp offers full-body workout classes, consisting of cardio and strength training, elevating your heart rate, working your muscles, and burning major calories. It's a total body workout with something for everyone. Single class passes can be bought online for ~\$42.00.

barrys.com

Closest Location: 1216 2nd Ave, New York, NY 10065 (25-minute walk)

RUNNING ROUTES

Running Routes is a series of curated running experiences to provide you with inspiration about where to go on your next run. New routes will take you on a cultural journey through the lens of their diverse running community in New York City with ideas on where to go and what to see on your run, as well as experiences after your run. Available at no cost! Just lace up and go.

runningroutes.nyrr.org



Central Park



Hudson River Greenway
(West Side Highway)



Brooklyn Bridge &
Manhattan Bridge

PICKLEBALL AT WOLLMAN RINK

Wollman Rink has once again partnered with CityPickle to offer pickleball at its iconic location in Central Park. During the off-season months, May through early fall, games can be played at one of the 14 new permanent pickleball courts. Courts can be rented on the website for ~\$80-\$120 per hour. Players of all levels are welcome to play.

[CityPickle | Wollman Rink \(city-pickle.com\)](http://city-pickle.com)

Location: Wollman Rink, Central Park



*Post-workout, rest + recharge in the comfort
of your room with our Superfood Smoothie!*

Text +1 (917) 336-1200 to reach Perle, your virtual hostess for assistance

Menu

