

Time Out

New York

**TWO WEEKS
OF EVENTS!
SPECIAL DOUBLE ISSUE**

**NEW
BREAKFASTS
BACON AND EGGS DONE RIGHT**

Fitness 2010

teacher discouraged us from attempting headstands because the studio's floors are hardwood. **Level:** Some experience helps.—*AM*

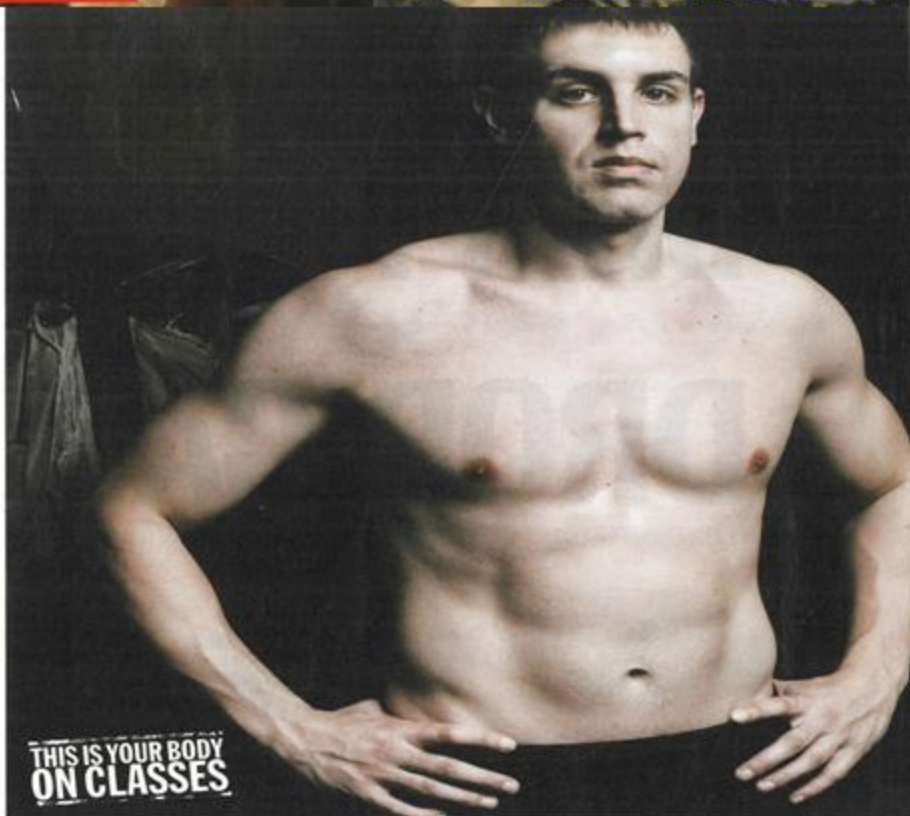
Sivananda Yoga Vedanta Center (243 W 24th St between Seventh and Eighth Aves; 212-255-4560, sivananda.org/ny). **Single class \$8-\$12, packages available. The class:** Open class **The experience:** This session begins and ends with a nice lie-down, complemented by chanting, courtesy of the instructor and anyone else who knows the words. (It's sort of like a really good relaxation CD.) Next is a series of regimented breathing exercises (warning: it'll get messy if you have a cold), followed by the main program: a moderate routine of stretching-related movements, all of which are held long enough and performed with enough repetition to give beginners a feel for the position before everyone's moved on. While newcomers are best off at a beginners' class (6pm), they should get enough individual attention in the open classes to be able to keep up. That said, Sivananda yoga moves slowly, and is not for ADD types or people who need to perspire profusely to be satisfied with their workout. I didn't feel like I'd earned a five-course meal or anything, but I had more energy going out than coming in, and my hamstrings and back felt thoroughly stretched. **Level:** Yoga newbies can do it.—*Chris Schonberger*

YogaWorks (37 W 65th St between Broadway and Central Park West, fourth floor; 212-769-9642, yogaworks.com). **Single class \$22, packages available. The class:** YogaWorks class Levels 1 and 2 **The experience:** YogaWorks' West Side location is a well-designed space reminiscent of a dance studio, with numbered classrooms and a tidy locker room with showers and towels. We used soft blocks, belts and blankets to achieve certain poses, while the instructor explained the importance of each and provided hands-on help where needed. The class was populated by a wide range of ages and didn't feel the least bit trendy. An added bonus—or detraction, depending on your attitude—was the operatic voice drifting in through the open window. **Level:** Yoga newbies can do it.—*Marc Whalen*

BIKRAM

Also called hot yoga, Bikram is practiced in a humid room cranked up to between 100 and 110°F. There are 26 poses, done at varying paces depending on the instructor. Expect copious sweat, and don't forget to hydrate, hydrate, hydrate.

Bikram Yoga (106 Montague St between Henry and Hicks Sts, second floor, Brooklyn Heights; 718-797-2100, bikramyogabrooklyn.com • 121 Fulton St between Nassau and Williams Sts, third floor; 212-964-6411). **Single class \$19, packages available. The class:** Bikram Yoga **The experience:** Bikram feels more like boot camp in a sauna than the kind of yoga I'm familiar with (no chanting? no speeches on spirituality? wait, you're telling me this is supposed to hurt my joints?), and it's hard to tell if I actually worked hard, or if I was spent simply from enduring that heat. Still, this class was surprisingly manageable, thanks to the way in which the instructor described every



**THIS IS YOUR BODY
ON CLASSES**

Dan Castro, 26, finance supervisor **The class:** Castro enrolled in the **Sweat, Hustle and Muscle** program at Trinity Boxing (110 Greenwich St between Carlisle and Rector Sts; 212-374-9393, trinityboxing.com; \$249 per month) last April. He has faithfully attended three times a week ever since. "[Instructor Eddie Lima] is on top of us," says Castro, "making sure we're doing everything correctly, and

that we're giving 100 percent. Otherwise, you'll definitely hear it from him."

What it entails: The class—which is offered three times a week—functions like a monthlong boot camp and involves running, push-ups, pull-ups, sit-ups, knee-ups and the use of free weights. "I lost a total of 14 pounds—and built muscle mass," says Castro. "I have energy for the whole day after this class."

Why he sticks with it: "We do timed exercises where Eddie will have us compete against each other, so that definitely keeps people motivated. We try to break each other's records," says Castro. "He's always raising the bar so that you never get comfortable: Eddie modifies according to each person's ability. To make the class harder for me, he will often have me do exercises with a medicine ball or make me put on a weight vest."

component of each posture in quick, confident words, and encouraged me to sit down whenever I was overwhelmed or light-headed. I'm a little vague on the "medical benefits" she repeatedly assured us we were reaping; are they worth putting up with the overpowering mildew smell, presumably from the studio's perspiration-drenched carpet? **Level:** Yoga newbies can do it.—*Megan Gendell*

Bikram Yoga Lower East Side (172 Allen St between Rivington and Stanton Sts, second floor; 212-353-8859, bikramyogales.com). **Single class \$20, packages available. The class:** Bikram Yoga **The experience:** Novices here are invited to push themselves only as far as they want—which might mean just watching (and getting accustomed to the

crazy Bikram heat). But don't look too closely (or do): The class is packed with hipster hotties flaunting porn-star bods, all shiny with sweat. Most important: five showers in the changing rooms.

Level: Yoga newbies can do it.—*Roberto De Luna*

Bikram Yoga NYC (143 W 72nd St between Amsterdam and Columbus Aves; 212-724-7303, bikramyogany.com). **Single class \$23, packages available. The class:** Bikram **The experience:** Bikram yoga is said to be best for competitive people, because the point is to be in an uncomfortable, challenging environment. That acknowledged, the heat wasn't too hard to get used to. In fact, it made the stretching opportunities wonderful. Our Friday afternoon class was fairly crowded—about 15