
As seen in the pages of

VOGUE



raise the barbell

Those who want the ultimate in personal attention are leaving the megagyms in favor of boutique fitness studios. Here, the best for every exercise personality.
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ThirdPower, NYC **Mind-Body Transformation**

Expect to be motivated and inspired the second you step into this sleek studio that holds the most modern equipment fitness has to offer. The training is amazing-get more done in an hour than you typically do all week at the gym.