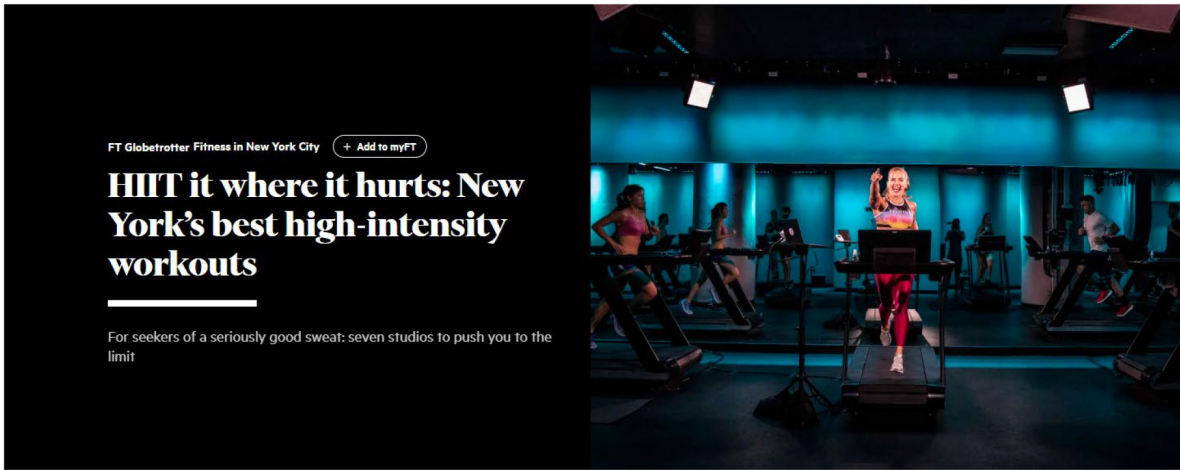


FINANCIAL TIMES



FT Globetrotter Fitness in New York City [+ Add to myFT](#)

HIIT it where it hurts: New York's best high-intensity workouts

For seekers of a seriously good sweat: seven studios to push you to the limit

Francesca Friday in New York 3 HOURS AGO

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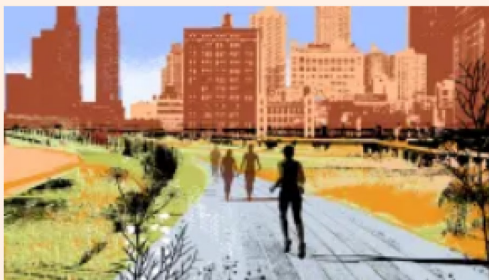
- 1 [Fhitting Room, Flatiron](#)
- 2 [Punch Pedal House, Dumbo](#)
- 3 [Switch Playground, SoHo](#)
- 4 [Barry's Bootcamp, Tribeca](#)
- 5 [Fithouse, Union Square](#)
- 6 [Rumble, Upper East Side](#)
- 7 [Peloton Cycling Studio, Chelsea](#)

New Yorkers are notorious for being in a rush. But there's more to our hurried nature than falling victim to the city's unreliable subway system or the overpriced coffee surging through our veins. Strides this brisk are made in the gym.

A healthier New York has emerged in recent years between the bagel shops and bottomless champagne brunches. Today, a stroll down "Fitness Alley", the area surrounding Lafayette Street in the city's NoHo neighbourhood, becomes a choose-your-sweaty-adventure destination, with more than 20 workout studios to pick from in a 10-block radius.

The city has served as an incubator for the fitness industry, popularising Pilates, indoor cycling, barre (a ballet-derived workout) and a slew of other exercise trends that have trickled out of the New York bubble and into the broader stratosphere.

Recommended



Cue HIIT — high-intensity interval training — the exercise technique said to offer the best possible workout in the shortest amount of time by stringing together quick bursts of powerful cardiovascular and resistance-based movements with limited periods of rest.

FT Globetrotter

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There's no formulaic definition for what constitutes HIIT. Fitness studio owners have applied the basic HIIT premise to classes involving running, weightlifting, spinning, boxing and all things in between. Though the recipe varies, the results stay the same: leg-wobbling, teeth-clenching, sweat-on-the-floor exhaustion — followed by a smug sense of accomplishment.

For the most dedicated cult of endorphin-seekers, pushing the body to its limit is a religious endeavour, and for New Yorkers and visitors alike, there are plenty of places to worship.

1. Fhitting Room

31 WEST 19TH STREET, BETWEEN 5TH AND 6TH AVENUES, NEW YORK, NY 10011

[WEBSITE](#) | [DIRECTIONS](#)

- **Good for:** the instructors. They will meticulously correct your form and call you out for skipping that last push-up
- **Not so good for:** beginners. This gruelling workout is said to be one of the hardest in NYC and, while modifiable, a basic level of fitness is advised
- **FYI:** start with the signature FHIX (functional high-intensity mix) class and level up to FHIXtreme, the studio's advanced offering, if you're feeling brave. (You can also find Fhitting Room branches on the Upper East Side and Upper West Side)



What awaits you inside is anyone's guess: every session is different



Prepare to be pushed by the Fhitting Room trainers to perfect that kettlebell swing

It's best to enter a Fhitting Room class with zero expectations, one reason being that every workout is completely unpredictable, changed daily to keep your body guessing. Another is that the studio's attentive trainers have a knack of pushing you beyond what you thought was your limit.

A typical class will rotate through a labyrinth of circuits involving weights, squats, burpees, box jumps and more. The trainers here are as merciless as they are attentive, and will motivate you to perfect that kettlebell swing, no matter how much you want to give in.

The instructor's focus on teaching proper form and the studio's intimate class sizes — typically ranging from 10 to 15 people — offer clients new to the weight room a personalised approach to strength training, without the need to splurge on a personal trainer.

The best part? Between gasping for air, you might catch yourself having fun. Spirits stay high for a roomful of people squat-jumping until their limbs turn to gelatin.