

Stretch

ANTONIO VALLADARES BURN SPORTS

151 First Avenue, Suite 80
212.598.0473 / burnsports.com

Antonio created BURN SPORTS, an exercise, massage, and nutrition company with a focus on women's fitness. His unique training also integrates sports massage and stretching techniques, and he specializes in pre- and post-natal care.

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His clients range from athletes to executives to housewives. First session is free!

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PILATES, YOGA & GYROTONICS

FLATIRON MOVEMENT ARTS

54 W. 21st Street, Suite 508
212.924.0414 / flatironmovementarts.com
This quaint, quiet space helps both

nights, while weekends offer parent/child classes.



Antonio
Valladares

PARK EAST PILATES

1100 Madison Avenue
212.717.8825 / parkeastpilates.com
Learn the authentic Pilates method of Body Conditioning in private sessions with certified instructors.

STRETCH

15th Street, 16th Floor
10003 / stretchnyc.com
Stretch NYC boasts breathtaking views of Manhattan and superior instructors in Pilates, Gyrotonic, and yoga, as well as massage therapy, acupuncture, and a nourishing juice bar.

RKS

15th Street / 1319 Third Avenue
10002 / yogaworks.com
RKS Yoga features classes by Richard Lichter and Rob Wrubel and offers this first national family of studios. Additional programs include teacher training for students (Yoga Advisers), corporate yoga to the office (Yoga at Work), and offer exotic retreats (Yoga Retreats).

TRY

DR. JANE LEVINE INSTITUTE BEAUTE

885 Park Avenue
212.535.0229 / institutebeaute.com
No one knows feet like Dr. Jane Levine, respected podiatrist and owner of the tucked-away Institute Beaute. Her Foot Facial buffs and polishes your feet back to good health with a salt scrub, foot mask, microdermabrasion, reflexology, toenail bleaching, and copper cream. She also performs more invasive procedures that can both relieve you from years of foot pain, and also allow you to wear those strappy sandals.

MASAI BAREFOOT TECHNOLOGY

208.788.0883 / swissmasains.com
This shoe mimics walking on unstable ground, which helps with posture, shock absorption and toning muscles in the feet, legs, buttocks, stomach, and back.