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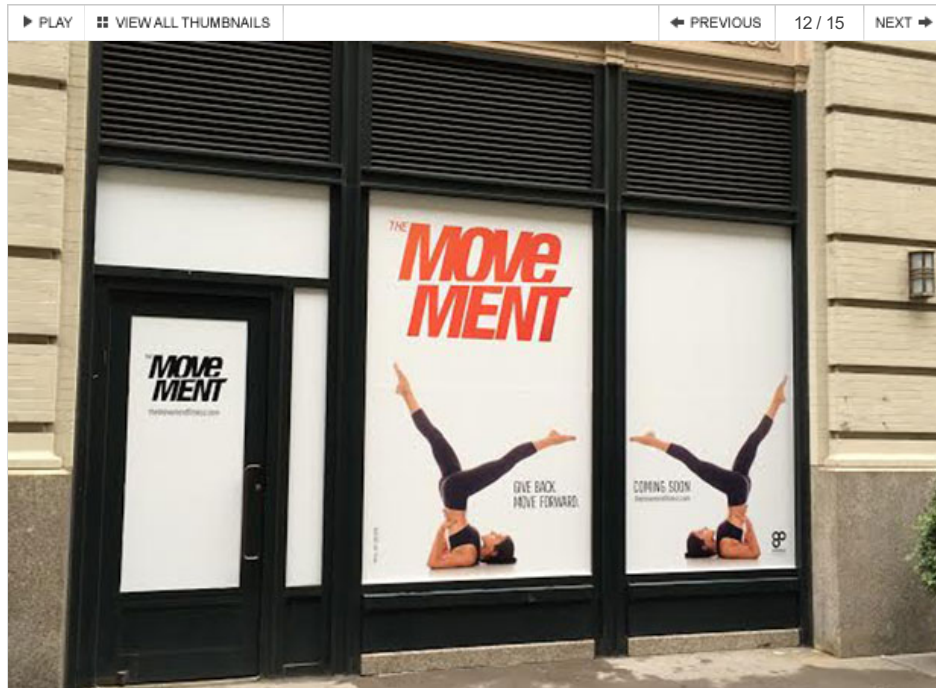
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The Best New Boutique Gyms in America

These small, specialized studios offer the next big thing in fitness: results.

BY K. ALEISHA FETTERS



The Movement Fitness, New York City

The first boutique fitness studio to offer barre, yoga, and HIIT (high-intensity interval training) classes under one super-chic roof. Plus, it will donate \$1 per person per class to the National Brain Tumor Society in honor of the cofounder's late mother.

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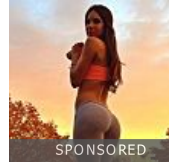
Slide 1: Image courtesy of CityRow; Slide 2: SoHo Strength Lab; Slide 3: The Movement Fitness; Slide 4: Bryan Smith, SWERVE; Slide 5: BRICK New York; Slide 6: Studio 360; Slide 7: Marilou Daubé, AQUA; Slide 8: The Stronghold Climbing Gym; Slide 9: Andy Carlson, Fitwall; Slide 10: Avant Barre; Slide 11: Studio3877; Slide 12: Shama Patel, AIR; Slide 13: BODI; Slide 14: The Mine Bouldering Gym.

KEYWORDS **HEALTH AND FITNESS, EXERCISE, SPECIALTY**


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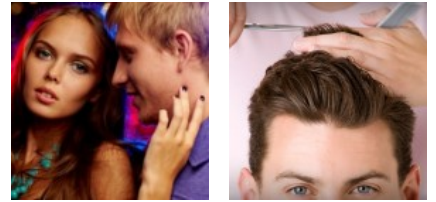
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