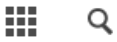


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We Review: The Movement Fitness In New York

Food & Fitness Sep 15, 2014

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New Yorkers rarely think about movement. To us, it's just something that magically happens. It's something that gets us to point A to point B. Being constantly on the move overtime exhausts us, but rarely do we think about how it can invigorate us. I was this way until I was lucky enough to take a class at a fitness studio called **The Movement**.

When I was invited to take the POWERED class instructed by **Josh Holland**, a trainer who has taught the likes of **Madonna** and **Josh Groban**, my whole concept of movement changed. While I'm constantly on the go, I realized during the class, which consisted of about an hour of sliders, squats, **running** and other high-intensity exercises, that in my current life, my body was merely *moving*— during the session, my mind and body felt a part of an actual *movement*. The common goal? To make me happier and healthier. And, let me tell you, I learned there's a big difference from just moving around to being a part something like this and actually having your perspective changed on how your body works.

The best part of all of this, was that I actually had a lot of fun. Sure, there were times when I just wanted to give up and go shop their awesome little clothing section at the studio (**Spiritual Gangsta**, you have my heart), but I didn't. I hadn't taken the time to show nearly every muscle in my body love in quite a while, and in the end I was proud of myself, my mind and my body (talk about a confidence boost!)



Instagram



Thank you!



And if you're not into this philosophical concept of The Movement that I just bestowed on you, I totally get it. If you're concerned about your "problem areas" and want help fixing them, trust me when I say Holland can help — big time. It's been a week since I took the POWERED class, and I'm still feeling the burn (in the best way possible).

Now, there might be a ton of fitness classes in New York City, but for me, The Movement provided something a little more than other high-intensity classes I've taken in my life. It was fun and enlightening, not to mention the studio, although on the smaller side and without showers, is super clean and the employees greeted me with a smile and a handshake the instant I walked in and the moment I left. There are no egos at The Movement, and that within itself is refreshing.



Instagram



It's also really inspiring that owners Dana Proman and Jordan Canino donate one dollar per person per class to the [National Brain Tumor Society](#). There's also "Karma Jar" if you would like to donate yourself, which makes me reinforce the fact that at The Movement, there is an actual shift in perspective that happens not only within yourself, but also with the outside world. And let me just say, it's fabulous.

The Movement, located at 32 West 18th Street in the Flatiron District of New York.

Will you stop by The Movement?

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