



Pure Barre



The pain: Since I'd tried barre, I knew I was in for a relentless series of movements that look innocent but leave your muscles wailing louder than a baby on a red-eye. I huffed and cursed under my breath during a brutal stint of ab work, and thought the exercise gods had heard my pleas when the lights dimmed and we moved to the center to stretch. But that was only a brief respite before the seat and thigh portion of the hour. Soreness set in around my midsection and triceps by the time the class had ended, but I was already plotting my return.—SB

The gain: "We take a fast-paced, music-driven approach, designed to create the sculpted look of the ideal ballet dancer—long and lean, without being bulky. The class involves high repetitions at little to no weight; the maximum in ours are three-pound weights. The major differences people see are in terms of inches lost, especially in the arms and around the core. Most Flyers come three times a week, and they can see a change in their bodies after two weeks."
—Kara Liotta, 27, master instructor and director of training for FlyBarre at Flywheel Sports

BARRE CLASSES

FlyBarre at Flywheel Sports

Developed to complement the studio's foundational indoor-cycling offerings, this body-sculpting class comes in three forms: the original 60-minute version, FlyBarre; the condensed Power 45; and FlyBarre Sport, which homes in on the arms and abs. Regardless of the iteration, you'll systematically work each muscle group through a sequence of focused movements, set to a high-energy music mix tailored to the session by the instructor. The lineup of moves changes frequently, but routines always incorporate a signature progression that hits biceps, triceps and deltoids. Just don't plan on carrying heavy items for a day or two—your arms will be screaming for mercy. 39 W 21st St between Fifth and Sixth Aves (212-242-9433, new-york.flywheelsports.com). Schedule varies; visit [website](http://website.com) for details. Single class \$32, packages \$155–\$545.

The Bar Method

Buns of steel takes on a dual meaning to the devotees of this demanding, ballet-inspired workout, which targets wanna-be bunheads' glutes, among other regions. Developed by ex-journalist Burr Leonard, the technique crafts long, lean, dancerlike muscles through focused arm, ab, thigh and "seat" (a.k.a. butt) exercises, and also boosts practitioners' stamina and develops proper posture. There's no hiding in these high-energy sessions. You may be one of up to 26 participants in the class, but instructors master everyone's names in the first few minutes of the hour. Luckily, call-outs and corrections always feel encouraging. 155 Spring St between West Broadway and Wooster St, second floor (212-431-5720, soho.barmethod.com). Schedule varies; visit [website](http://website.com) for details. Single class \$37, 30-day pass \$195–\$270.

Pure Barre

While similar to other ballet barre classes—employing refined exercises to sculpt lean muscles without adding bulk—the work here is deceptively minimalist. The key to this particular style is the sequence of small, focused moves that change in position by only an inch or two. You may not think you're doing much, but with each passing rep, your muscles twinge with more effort. After an invigorating warm-up, peppy teachers lead between ten and 25 students through fast-paced sets that whittle inches from the arms, legs, abs, hips and seat. 1841 Broadway at 60th St, suite 330 (917-344-9175) • 78 Fifth Ave between 13th and 14th Sts, fourth floor (917-675-1528) • Schedule varies; visit purebarre.com for details. Single class \$33, packages \$150–\$500.

Aerobarre at Aerospace

"Float like a butterfly, sting like a bee" may have first been used by Muhammad Ali, but the same can be said for anyone who commits to this boxing-ballet hybrid. Created by former pro dancer and Aerospace cofounder Leila Fazel, the 60-minute workout defines muscles through a mix of bobbing-and-weaving upper-body moves, punches, jumps, squats and modified ballet maneuvers (along the lines of squats and leg lifts). While you're never at an actual barre, you'll employ various weights (both petite dumbbells and long bars) as tools to challenge your balance. 336 W 13th St between Eighth Ave and Hudson St (212-929-1640, aerospaceny.com). Wed 6pm, Thu 9:30am; single class \$30, monthly membership \$300.

Physique 57

A blend of cardio and resistance training, this method breaks down the typical series of ab, arm, seat and thigh

work into eight-to-ten-minute intervals that first scorch a muscle group, and then immediately stretch it out. Trainers offer easy-to-follow corrections for anyone who needs help; they're also highly attuned to modifying moves and positions for participants with injuries or chronic problems. *Locations and schedule vary; visit physique57.com for details.* Single class \$36, packages \$180–\$600.

Figure 4 at Pure Yoga

Yogis looking for a way to enhance their practice can turn to this workout, developed by former dancer Kate Albarelli, for a blend of their favorite fitness moves with ballet positions and weighted movement. Named after a ballet stretch, the program works four main muscle groups—abs, arms, glutes and thighs—to create a long, lean body. What sets this style apart is its concentration on the smaller muscles closest to the joints, developing strength and flexibility. The tempo of the class varies throughout the hour-long session, so both your body and mind stay engaged and challenged. *Pure East*, 203 E 86th St at Third Ave (212-360-1888) • *Pure West*, 204 W 77th St at Amsterdam Ave (212-877-2025) • Schedule varies; visit pureyoga.com for details. Members only, call for monthly membership prices.—Sarah Bruning



The Bar Method

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