

# The Hottest Workouts for 2015

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ALEXANDRA TUNELL | BEAUTY NEWS

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## NEW YORK CITY

**The Movement**, [themovementfitness.com](http://themovementfitness.com); This studio offers just about every fitness class you could want (dance, yoga, high intensity interval training and more), but the best part is that the company donates \$1 per person per class to cancer research.

**S10**, [S10training.com](http://S10training.com); This workout incorporates weight training and cardio with the goal of getting you to sub 10% body fat (S10), the optimum for health and body composition.

**Mile High Run Club**, [milehighrunclub.com](http://milehighrunclub.com); Treadmills are the new stationary bikes come 2015. This club, the first treadmill studio in the city (it opened last month), offers 45-minute interval runs for the cardio junkie.

**SLT**, [slt NYC.com](http://slt NYC.com); SLT stands for strengthen, lengthen, tone—all of which this workout delivers through a combination of cardio, weights and pilates.

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**CityRow**, [cityrow.com](http://cityrow.com); Each stroke on a row machine works 84% of your muscles for full-body toning, but surprisingly, the workout doesn't leave you painfully

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 \*vs. laser



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