



GOOD SWEAT | December 29, 2014

## New York City's 7 most talked about workouts of 2014



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### 7. The Movement

The fitness world is a feel-good scene, and **The Movement** captured that inspirational energy by building a serious charitable component and motivational mantras into its concept from the beginning. Who wouldn't support a brand that fights brain cancer every time you go to a sweaty resistance band class? And its "something for everyone" approach has allowed it to appeal to a broad spectrum of New Yorkers, from Heidi Kristoffer's yogi fans to Erin Stutland's Shrink Session followers. [www.themovementfitness.com](http://www.themovementfitness.com)

(Photo: *The Movement*)

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