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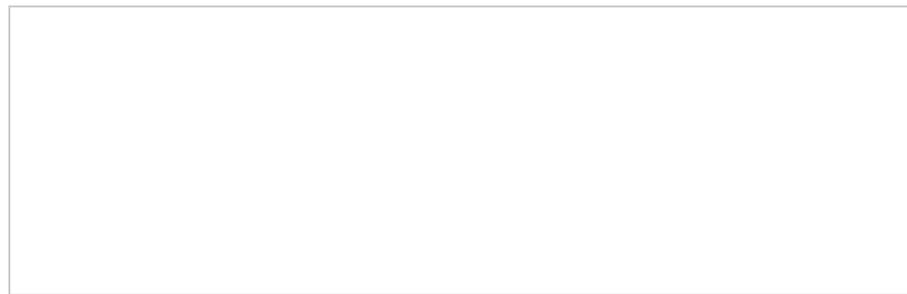
Spynga

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If you're seeking a little sweat with your spiritual enlightenment, this bright studio might be the place for you. Lifelong friends Sari Nisker and Casey Soer combined their fitness passions to create spynga, a spinning-yoga hybrid that's all the rage with Forest Hill 30-somethings. A spynga flow class consists of 25 minutes of fast-paced stationary cycling, to get heart rates up and blood moving, followed by 25 minutes of hatha yoga, for flexibility and a little introspection—the co-founders are certified in both, and have been practising one or the other for more than 10 years. Purists will be happy to know that classes focusing on one discipline or the other are also offered, as well as Pilates, classes for kids, and sessions that incorporate Latin and 80s music. Massage, reiki and organic facials are available; in summer, some classes are held outdoors, on a third-floor deck surrounded by leafy trees.

How much: first class \$12, \$7 per subsequent class; 10 classes \$140, unlimited classes \$130 per month.



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