

Go Hard And Go Home: 5 Luxury At Home Fitness Studios From New York to Miami

March 14, 2019 by Natasha Bazika

Skip the overcrowded classes, this year it is all about going hard, at home. Residential developments are enhancing their fitness amenities and partnerships to bring high-end classes, programming, technology and services to their residents, right at home. Here are five developments taking note of the latest fitness fad.

Summit

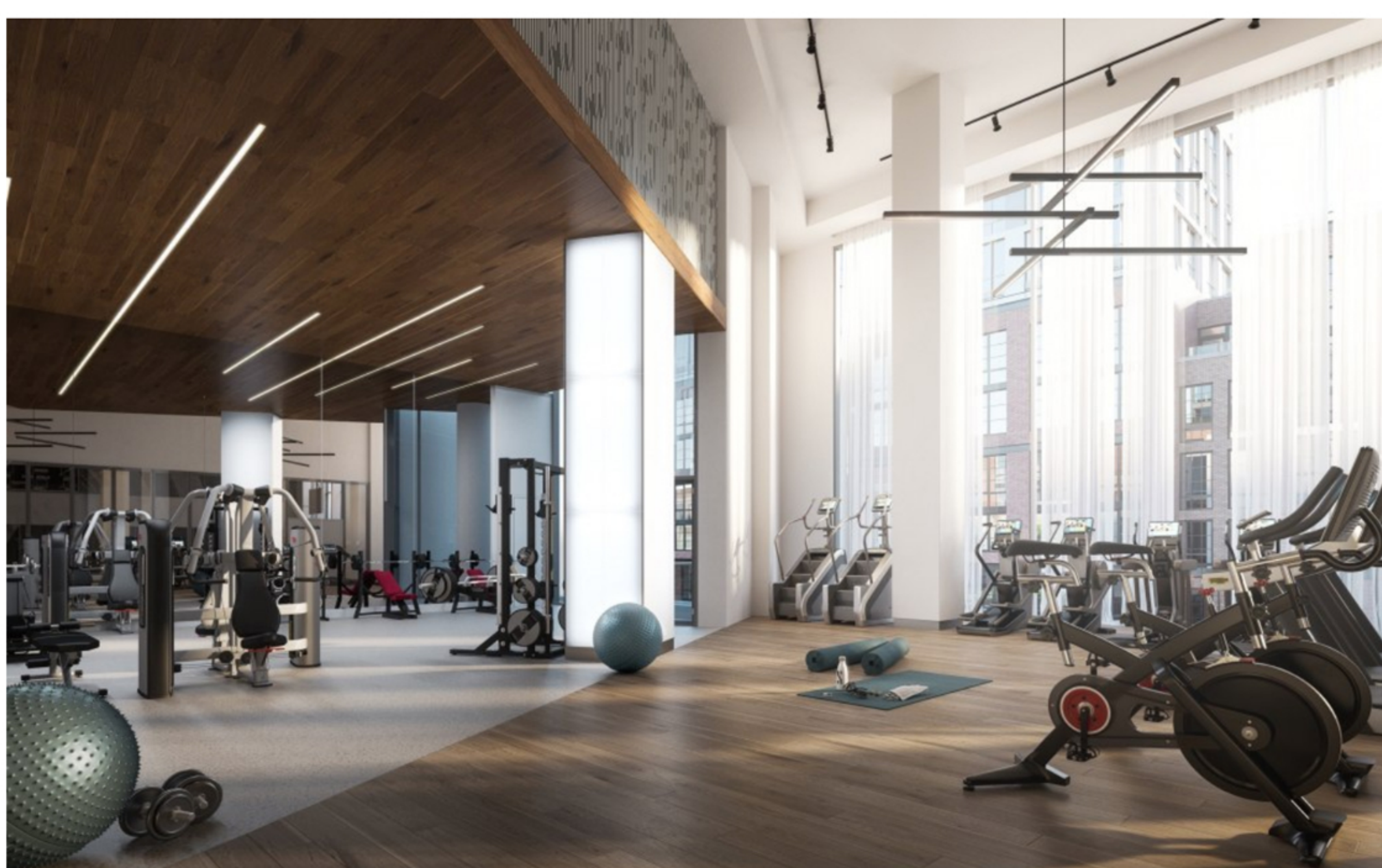


Photo Credit: Binyan Studios

This luxury rental tower in Midtown Manhattan hosts weekly yoga and HIIT classes, along with bringing in personal trainers and boutique fitness studios for events hosted by LIVunLTd. Dubbed the “Arena” is the residents’ own personal gym— equipped with Technogym cardio and strength machines, Peloton bikes, and basketball and squash courts. Residents even have access to Lululemon x Summit branded yoga mats and yoga classes.

525 West 52nd Street



Photo credit: 525 West 52 Street

Also influenced by LIVunLTd, this two-tower, 392-unit luxury residential development in Hells Kitchen offers classes designed by LIV’s fitness and program director, Todd Allen, who was previously the Director of Instructor Development for FlyBarre. The classes are led by certified fitness experts and include core conditioning, cycling, and Pilates.

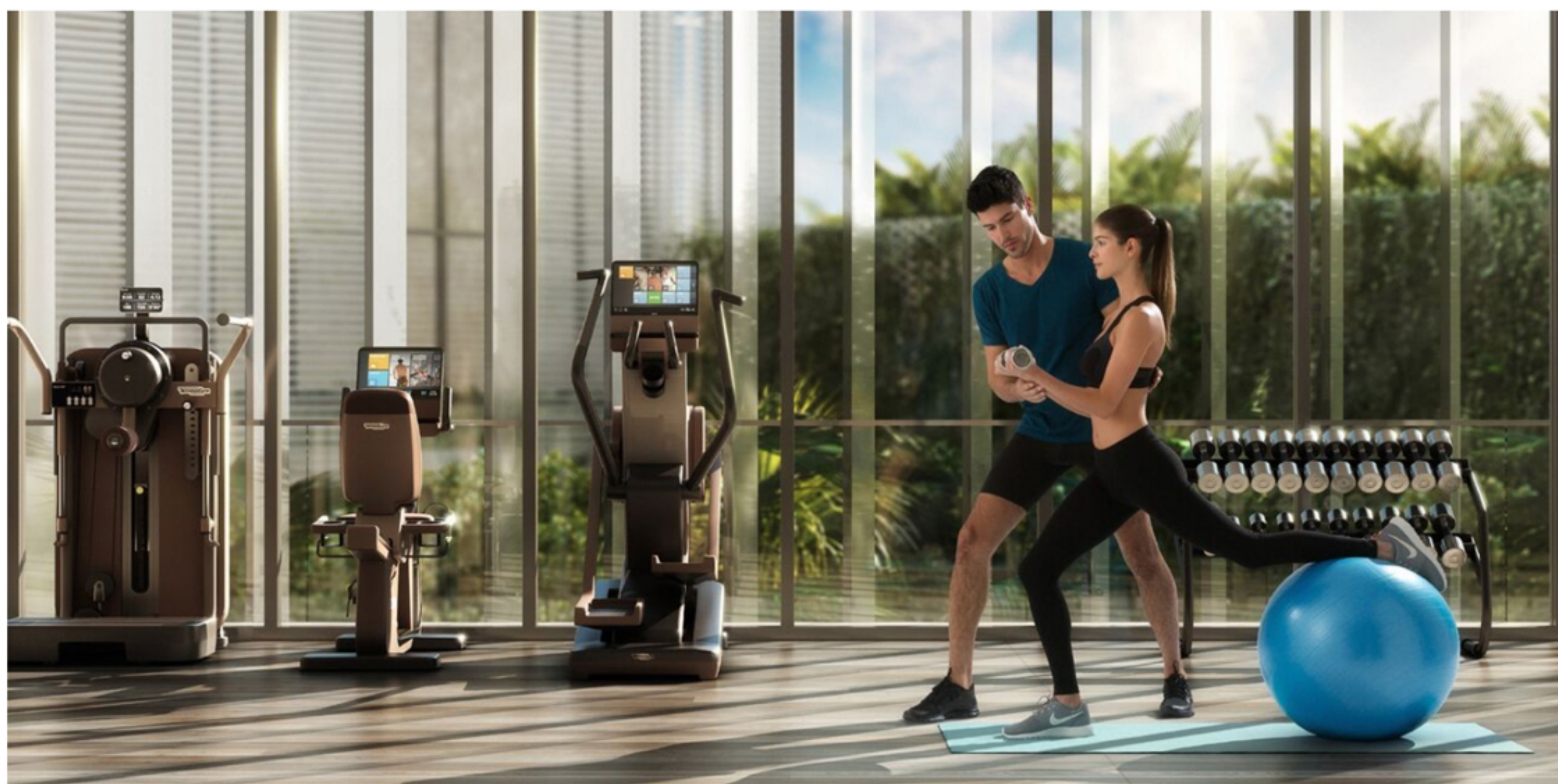
Amrit Ocean Resort and Residences



Photo credit: Amrit Ocean Resort & Residences

Spanning over seven acres in Palm Beach County’s picturesque Singer Island, Amrit Ocean Resort and Residences offers residents a personal wellness assistant available 24/7 via app, text, call or facetime to curate a fitness plan based on your needs. Additionally, Amrit offers daily on-site programming of yoga, meditation and alternative fitness classes by industry experts.

The Ritz-Carlton Residences, Miami Beach



Courtesy of The Ritz-Carlton Residences, Miami Beach

Perched on the shores of Surprise Lake, residents at The Ritz-Carlton Residences, Miami Beach, have access to a medical concierge with award-winning author of The South Beach Diet and cardiologist, Dr. Arthur Agatston who can craft a fitness plan for residents to help them achieve their physical and mental goals at home.

Solé Mia



Photo Credit: The Shoreline

Wellness and fitness are at the forefront of the lifestyle at Solé Mia’s The Shoreline. Taking advantage of Miami’s sunny days, the property offers a 10-acre running trail around South Florida’s first 7-acre man-made crystal swimmable lagoon and neighboring Oleta State Park. For the rainy days, a spacious fitness center is equipped with Peloton bikes and fitness on demand to keep you on track.