

# BOX + FLOW

November 2, 2016

## *the* COVETEUR

### *ALL THE NEW FITNESS CLASSES TO TRY THIS MONTH*

From Teyana Taylor's recent fitness venture, to a new high-altitude spinning outpost.

What better time than the present to start a new monthly series wherein we round up all the best in buzz-y healthy-haunt openings? Take, for example, how it's Party Month at Coveteur, which coincidentally (okay, not really, we planned it that way) overlaps with the holiday season—as in, it's only a matter of time before boxes of cookies and bottles of whisky (actually) are delivered to the office; and every night in our iCal is dedicated to some afterwork cocktail party or dinner. We're not complaining, but having new avenues of motivation to help keep up with our fitness routines in this time of temptation is necessary.

### *NEW YORK*

Box + Flow

*55 BOND STREET, NEW YORK, NY*

If you're having a particularly indecisive day (uh, everyday?) and can't choose between a relaxing yoga session or intense boxing workout, Box + Flow was created just for you. Their 50-minute classes consist of a quick high-impact warm-up before getting into shadowboxing with weights and some bag work. You'll end off the session on the mat with a power flow to help strengthen and lengthen. The best of both fitness worlds, right?