



Get your heart pounding with these Valentine's Day workout deals

By: Carolyn Stanley
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So January flew by and the closest you got to your fitness resolutions was a marathon of Making a Murderer? Not to worry: There are still plenty of opportunities to break a sweat this February, whether you want to burn with your bae, your bestie or your bad self.

Byklyn

The Park Slope cycling studio offers a few ways to “celebrate” the Hallmark holiday for the less romantically inclined. First up is the Love/Hate ride (Friday 12 at noon), set to a playlist of Florence + the Machine and other lovelorn artists. Saturday 13 amps up the bitterness with the Kill Cupid Ride (10am), soundtracked by the angriest breakup songs ever (Alanis Morissette, anyone?), then pits couples against each other with its Battle of the Sexes class (11am), featuring a 30-minute ride followed by a 30-minute boot camp. Two winners will score two VIP passes to Body by Brooklyn Spa. Because massages > love.

258 Flatbush Ave, Park Slope, Brooklyn. Single class \$25, shoe rental \$2, two-class introductory pack \$20.

((305)) Fitness

Whatever X-rated shenanigans you have planned for Valentine’s Day, there’s no mood-killer like a charley horse or a pulled muscle. Make sure that doesn’t happen with this dance-cardio mecca’s Yoga 4 Better Sex class (Saturday 13 at 1:30pm). Grab your significant other (or friend with benefits) and start off with a 60-minute yoga practice featuring “hip opening postures,” followed by a 30-minute workshop with sex therapist Rachel Hoffman and the requisite wine and chocolate. Go forth and get it on.

18 W 8th St, \$85 per couple.

Uplift

The good-vibes-only women’s studio commemorates the holiday in two ways. First, they’ll open the doors to dudes—a once-in-a-blue-moon rarity—for a Co-Ed Challenge (Thursday 11 at 7:30pm). Then, show your affection for one of the most important people in your life—yourself!—during Self-Love Day (Fri 12). Stop in for a class anytime and you’ll be rewarded free samples, giveaways, pop-up demos and de-stressing sessions. Treat yo’self!

24 W 23rd St. Single class \$34, introductory week \$50.

Ailey Extension

If you want to get your V-day groove on, Alvin Ailey American Dance Theater's extension program is offering two high-energy workshops this weekend, featuring latin beats. (Don't worry—you don't have to have prior dance experience to attend.) Break a sweat at Valentine's Day Zumba (Saturday 13 at 11:30am, 6pm), or move your hips at Valentine's Day Salsa (Sunday 14, 7–9pm). No partners are required for either class, but participants are encouraged to wear red.

405 W 55th St, \$25 per class.

Swerve

What better way to celebrate V-Day than with a salute to NYC’s favorite power couple? This team-driven cycling studio heats things up with a Bey and Jay Z Crazy in Love ride (Friday 12 at 7:30pm). Whether you're totally buying the couple’s marital bliss or still wondering what happened in that elevator, the beats are sure to give you some extra motivation to help your team win (we’re guessing the Blue team will be in high demand).

30 W 18th St, Single class \$34, two-class introductory pack \$34.