



PureWow.

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JAM SESSION

Workout classes with a fresh take on tunes

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Britney, Katy, Beyoncé: Solid gym motivators. But frankly, there are only so many Top 40 cardio-blast classes we can stomach. Here are a few fun alternatives that march to a different beat.

Indie rock Is Bon Iver more your speed? The Power Beats class at the newly opened **Lyons Den Power Yoga** shies away from the Enyas of the world, instead opting for a mix of rock styles (classic to alternative to pop) for its flow. One minute you'll hear **Iron & Wine**; the next, **Jessie Ware**. *Saturdays at 2:00 p.m.; White and Church sts.*



Insert House of Pain joke here.

The People's Bootcamp

Oldies Crunch has teamed up with *Motown: The Musical* to host a weekly cardio-dance class featuring choreography and music from the show. Shimmy and shake to the likes of "**Ain't Too Proud to Beg**" and "**Signed, Sealed, Delivered (I'm Yours)**." And don't worry about being a member: Guest passes are **available online**. *Thursdays at 7:30 p.m.; Crunch's W. 54th St. location at Eighth Ave.*

Hip-hop throwbacks Imagine grueling through a set of burpees and just when you need a swift kick of motivation, "**Bring 'Em Out**" pops off. (Cue bachelorette-party flashbacks.) That's the precise house-party vibe at **The People's Bootcamp**. *Tuesdays and Thursdays at 6:30 p.m.; Eighth Ave. and 55th St.*