

Studio	Offering	Price	Promos	Extras
305 Fitness	Digital community members get access to 305's FREE daily workouts, hosted by their founder and master instructors, in addition to weekly at-home wellness tips. Tune in on YouTube Live for dance cardio workouts at 12pm and 6pm ET every day.	FREE! Tips are encouraged and go directly to their instructors + DJs.		
A Sculpt Body	Unlimited access to low impact bodyweight sculpting videos you can do from anywhere. Plus weekly live workouts on Zoom.	\$11.99/month (annual plan) or \$14.99/month (monthly plan)	14-day FREE trial, plus use code SATC25 for 25% off your first three months.	
Aaptiv	Audio fitness classes & training - unlimited access to thousands of workouts, and more than 30 new classes every week.	\$99.99/year.	7 day free trial.	
AKT	Unlimited access to AKT workouts on-demand.	\$19.99/month.	7 day free trial.	
Alignment Essentials	Streaming FREE daily workouts, 3 times per day on Facebook.	Access is FREE right now.		
Alo Moves	Unlimited yoga, fitness, and meditation.	\$20/month, \$199/year.		
Barre Beautiful	Currently 4 classes available and 2-3 classes will be added each week starting next week.	Vimeo for a subscription of \$40/month, or \$5 per class.		
Barre3	New workouts and collections added every month, Unlimited access to hundreds of streamable workouts.	\$29/month	15 day free trial.	
Barreworks TO	Unlimited access to barre, cardio, strength, and stretch workouts ranging from 25-50 minutes.	\$35.99 (CAD)/month	7 day free trial.	
Barry's Bootcamp	Live stream, 35 minute red room classes that mimic their in-studio workouts, at increments all day, for each coast in the US.	\$20/class, \$225/month.		
Bellicon Studio	Live and on-demand mini-trampoline workouts curated and produced by the makers of the world's highest quality rebounder - the bellicon. New workouts broadcasted daily. Varying workout length and intensity.	\$19.99/month.	Use code SWEATSANDCITY - 50% off the first three months.	Cancel anytime.
BK Pilates	Virtual mat pilates classes via Zoom.	30 min classes: \$5/class; 45 min classes: \$9/class. Virtual Privates \$45/class.	Take 10 classes for the month of April and get 1 FREE reformer class once studios reopen.	
Body By Simone	Dance-cardio & trampoline based on-demand & individual for-purchase workouts.	\$14.99/month - or purchase & rent videos individually.	Lowered their pricing by 40%/month!	
Body by SJ	SJ teaches several 60-minute live mat-pilates based workouts per week through her online platform.	\$10/class.		
Body Space Fitness	Live classes via Zoom, booked via Mind Body schedule.	\$18/class, \$75/5 classes.	New clients: Buy one get one class for \$18.	
BodyRok	40 minute full-body, reformer-inspired classes using a towel, slippery socks or gliders. Book on Mindbody!	\$15/class, \$75/5 classes.		
CHI50	30-minute live, Megaformer-inspired virtual classes.	\$10/class.		
CitySweat	Live classes via private IG account and online video subscription.	\$19.99/\$35.99 per month	to sign up for the May 30 Day Challenge, message Meghan on IG	
Core Power Yoga	While studios are closed, everyone has free access to a special weekly collection of online classes. In addition, you can subscribe for full, unlimited access to their full collection of 250+ classes.	Free option to a select collection of classes, or \$19.99/month for CPY On Demand.		
Crossrope	Once you purchase a Crossrope Jump rope you can get started on the app with fun + effective jump rope workouts for all levels.	Crossrope Lite (free) and Crossrope Premium (\$9.99/mo) memberships offer access to quick and effective workouts right from your phone.	SATC50 for \$50 off the "Get Fit" bundle.	
Daily Burn	Group running, yoga, Pilates, HIIT (& more) classes and 1-on-1 training offerings. A membership gets you a 30-minute, full-body workout each day of the week and access to over 1,000 additional workouts.	\$19.95/month.	30 day free trial.	
DanceBody	Multiple LIVE classes streamed daily from their NYC studios, as well as on-demand cardio and Sculpt workouts varying in focus, length, and level.	\$34.99/month, \$349.99/year.	7-day free trial.	
Evolve by Erika	The monthly fee includes: 5-10 minute morning practice and meditation, Full kundalini yoga class and meditation, Plant-based recipes for one breakfast, lunch and dinner, Essential oil recipes and clean, green product reviews Access to an online community to share experiences and help each other rise.	\$22/month.	Code '555' for 1st month for \$10.	
Exhale - On Demand	Barre, Cardio and Yoga classes as well as Mindfulness and Meditation.	\$19.99/month or \$199.99/year - can also purchase videos individually.	14 day free trial.	
Exhale - Live	Live-stream fitness classes with your favorite Exhale teachers from across the nation! Enjoy a variety of interactive experiences that bring the feel of a studio class right to your living room.	Classes are free for members, or \$10/each for non-members.	First class is free! Select the "Virtual Class First Class Free" credit!	
Fhitting Room	Live FHIIT classes ranging from body weight only to props via Zoom.	\$20/class.		
Fit For Me By Courtney	Unlimited streaming access to 50+ sculpting workouts, ranging from 5-50 minutes.	\$19.99/month, \$179.99/year.	7 day free trial.	
FitHouse	Daily, live streamed classes ranging from dance to sculpt, HIIT, yoga and more.	\$19.99/month, auto cancels when studios reopen.		
FitOn	Free workouts ranging from cardio to dance & barre to pilates to yoga etc. Jonathan Van Ness and Gabrielle Union are guest celebrity instructors.	FREE! FitOn Pro is \$19.99/year.		
FlexIt Fitness	1-on-1 live virtual personal training with trainers from the gyms and studios you know and love, including [solidcore], Blink Fitness, and MPH.C. To be enjoyed alone or with friends from the comfort of home.	\$29 for a 30 minute 1-on-1 session.	SWEATSANDCITY for your first session free	
Floss New York	A 30-day all-access membership to feel your best at home. Membership includes 4 live classes - 3 Floss SWEAT and 1 Floss STRETCH- hosted via Zoom per week, plus exclusive access to recordings of each class for one week after they are live.	\$15/class.	All access membership \$150/month	
Forward Space	Daily, live 50-minute sweat sessions modeled after their regular classes, on-demand classes, meditations and more.	\$34/month, \$340/annual.	For a preview of the experience, join @FORWARD_Space on IG LIVE on M-W-F at 2:05pm EDT.	Memberships can be cancelled within 7 days of purchasing.
Housework by Sydney Miller	Full-body sculpting and conditioning workout set to the beat of electronic and house music. Combines rhythm-based sculpting exercises based in Pilates with energizing cardio circuits.	Pay \$24.99/month or \$150/year for the app. \$13 zoom classes	App Free for 7 days. Cancel anytime.	
Humming Puppy	On-demand yoga classes for only \$15 a month. We offer a variety of class styles to get you moving and keep you grounded at home.	\$15/month.	Use code: HPSWEATSANDCITY to receive and extra 10% off until July 31st	
JABS (by Gina)	Abs classes and cardio kickboxing classes.	DM @JabsByGina for info		

Jane DO	Live streamed schedule of their usual Jane DO classes.	\$25/class.	Use your existing memberships or class packages to join in these LIVE scheduled classes. Use code: SMALLIBABES for 20% all class packages to access these workouts.	
JetSweat	An on-demand platform offering access to a variety of our favorite studios - including Bari Studios, BodyRok, Skyting Yoga, The Studio, Switch Playground, modelFIT, Mindfresh, Yoga Vida, WOOM Center, BK Pilates, Intensati, The Dailey Method, SOLACE, Fhitting Room, Materskya, SALT SF, Trooper, Mama Soul, Body Space Fitness, WillyB, Performance Lab, STRETCH'D, HIT HOUSE, Rowgatta, MNT Studio, Punch Pedal House, The Space Between	\$19.99/month unlimited.	Code: 'sweatsandthecity' for 1 month free!	
Keyla Itsines	Access the 28-minute workout BBG program on the SWEAT app.	\$19.99/month, \$119.94/year.		
LivFitness	On demand platform with a huge library of workouts (weight training, barre, sculpt) plus grocery lists and meal ideas.	\$29.99/month, cancel anytime.		
Melissa Wood Health	Mat pilates inspired, sculpting, meditation and flow exercises.	\$9.99/month, \$99.99/year.	7 day free trial.	
MoveBarre	Offers daily live classes including Barre, Sculpt, Assets & Cardio, Move & Abs that will chisel your body from every angle with minimal equipment required (e.g., ankle weights, resistance band, mat, towel and a chair).	\$10 Canadian / \$8 USD per class - LIVE classes and on demand coming soon!		A lifestyle-oriented fitness expert with over 25 years of experience, Alissa Perzow is the creator of MoveBarre, a challenging, fun, effective and safe full-body workout that creates long, lean and strong physiques. Having taken both Tracy Anderson and Megan Roup's classes, I can't recommend Alissa Perzow enough and honestly think she's in a league of her own.
MVFITNESS	Unlimited access to all of our online dance cardio and strength classes, whenever and wherever you want! We have multiple full body high-intensity classes plus instructional choreography videos for all of your favorite songs!	\$10/month.		
NeoU Fitness	Unlimited access to thousands of live and on-demand workouts.	\$14.99/month, \$49.99/year.	\$49.99/year reflects 50% off annual membership for new users + 30 day free trial.	
Nofar Method	50-minute live classes via Zoom. Link will be emailed 15 minutes prior to the class start time. Cues, form correction & encouragement given.	\$14/class, \$59/5 classes.		Bookings via nofarmy@gmail.com
OBE	On-demand & live workouts from top instructors - ranging from dance cardio to yoga, sculpt & more.		Code: 'SWEATSANDCITY' for first month free.	
P.yolve	On-demand sculpting workouts with a PRE-hab approach to fitness - ranging in difficulty & equipment. 200+ different options available!	\$19.99/month.	Use code WFH25 at checkout for 25% off three, six, and twelve-month streaming subscriptions.	
Peloton	Peloton App - work out on any equipment or none at all with an individual Peloton Digital Membership, or access it as a Peloton tread or bike owner.	(Non equipment owner) - Peloton digital membership - \$12.99/month.	90 day free trial for those who sign up before 4/30.	
Physique 57 Live	Access to 9 new and focused weekly workouts from their NYC trainers. 24 hour access to each class posted. On their account @physique57live (IG LIVE). Workouts are 45 minutes.	\$29.99 weekly membership for live workouts.		
Physique 57 On Demand	Over 100+ on-demand Physique 57 workouts.	\$24.99/month.	7 day free trial.	
Pilates People	In home, Pilates based mat classes with a number of different options and packages to meet your needs! With pre-recorded video memberships, LIVE video conference group classes and Private video conference sessions, you really can take Pilates and the joy of movement with you any time, any way!			
Pilates Social	Virtual Pilates group classes and Private/Duet sessions 7 days/week, using Zoom. Group classes include: Signature Pilates Mat Class (intermediate workout with stretches), Reformer on the Mat, Cardio Pilates (sweaty class), Advanced Pilates (advanced exercises with more flow), Restorative Pilates (beginner level, more stretches), Pilates Stretch, and MELT (specific props required).	\$15/class	1st class FREE for @sweatsandthecity followers. Email info@pilatesocial.com with #ssssssweats in the subject line to request a class and sign up. All classes are FREE for the staff, and their immediate families, of Lenox Hill Hospital. Our Community Mat classes are FREE for ALL essential workers and those with significant financial hardship.	Group classes are live with the instructor doing the class while teaching it. Participants listen/watch and follow along. You may have your video on or off if you prefer privacy. No props are needed, except for MELT classes. If you have specific goals or needs, we recommend private sessions that are customized for you with the instructor closely watching/teaching only you. Email info@pilatesocial.com to schedule.
Pilates with Amanda	Free Pilates workouts on Youtube with Amanda.	Free!		
Playlist Yoga	Live zoom classes.	\$15/class via Paypal.		
POE Yoga	Yoga and FireBeat (full body sculpt) via Zoom. Link sent 30 minutes prior to class.	\$5/class.		
Pure Barre NYC	Livestream versions of all their regular classes.			
Ragthatbody	On Demand 24/7 and live streaming to Dance Cardio and Toning workouts.	19.99/monthly, 119.99/ annual.	7 day free trial.	
Revolution Studio	Cycle, strength, yoga & more - on-demand.	\$299/year unlimited.	3 day free trial.	
Rocket Cycle	Spinning classes on demand, any day at any time, FREE OF CHARGE! Dana, Rory and the rest of the Rocket Team will be adding new classes weekly.	Free!		
Rowgatta	45-minute, high-intensity, low-impact (HILLI) classes, including classes with rowers, weights, and just bodyweight exercises.	\$15/class.	First class is \$5 with code LIVE5.	
Rumble	Rumble TV boxing a-home LIVE classes. Multiple classes per day. Expires 30 days after purchase	\$15/class, \$96/8 classes.		
Shadowbox	Two offerings: Virtual, live classes - A meditative, sweat-dripping, 30 or 45-minute at-home workout that combines boxing technique, guided rounds of shadowboxing and head-to-toe conditioning. No equipment required, mat and light hand weights encouraged. Zoom link provided. On-demand workouts, SBX NOW . Gives you full access to real-time workouts and tutorials by your SBX Instructors on demand.	Virtual classes: \$5/class (also available: 3-pack for \$12, 10-pack for \$40) SBX NOW: \$15.99/monthly subscription or \$2.99 for single video rentals		They also run a limited schedule of complimentary (or donation based) classes on IG Live!
Silhouette By Alexis	Access to SBA's online library of barre, Pilates & dance cardio workouts, plus one 40-minute SilhouetteSignature workout a week.	\$9.99/month, \$95/year.	7 day free trial.	
Sky Ting Yoga	Pay-what-you-can live class offerings, which are then archived on their monthly on-demand Sky Ting TV service.	\$20/month.	7 day free trial.	Can cancel at any time.
SLT	45 minutes of full body, mega-inspired exercises.	\$20/class, \$90/5 classes.		
Solidcore	Live, 50-minute, 20-person group class with a coach via Zoom. They offer several classes a day with different coaches to choose from, and will give modifications and form corrections during class.	\$15/class.	2 classes for \$24.	
Soul Cycle	Off-the-bike live class offerings through instructor's IG accounts & FB pages.	Free!		

Speir Pilates	Daily, 45-minute Pilates-inspired classes.	\$25/class, \$180/month unlimited, \$200/10 classes.	First class \$20.	
Studio House Pilates	50 minute mat pilates style classes - offering cardio, refine, restore & foundation classes.	\$15/class, \$75/week unlimited.		
Sweat and Tonic	Yoga, HIIT & cycling - through both on demand & live offerings.	On demand - \$15/month, \$150/year.	Free 7 day on demand trial.	
Swerve Fitness	Live, 30-minute, equipment-free workouts.	\$15/class.	\$10 single class special.	
Switch Playground	Live streaming Power Sculpt classes online via Zoom. Sign up available through MindBody, ClassPass and GymPass.	\$10.50/class. \$95 for a Switch Live 10 pack.		
The Bar Method	Unlimited access to a library of Bar Online classes that range in length from 15 to 60 minutes. You can choose from a variety of top instructors across various Bar Method studios.	\$19/month.	14 day free trial.	
The Class	Daily, live streamed classes.	\$40/month, \$400/year.	14 day free trial.	
The Sculpt Society	Dance cardio + sculpting workouts.	\$19.99/month, \$119.99/year.	14 day free trial.	
The Sweat Method	Membership site with unlimited on demand The Sweat Method Classes, yoga, meditations, & reiki healing. Includes Live Zoom classes & online community.	\$14.44, \$144.44/year.	7 day free trial.	
Tone House	Virtual 45 minute versions of their signature Tone House workout via Zoom.	\$20/class, \$88/5 classes, \$150/10 classes.		For each and every class booking, Tone House donates \$1 to NYC Health & Hospitals
Tone It Up	On-demand training, including live classes and 10- to 40-minute workout videos. Membership also includes healthy recipes!	\$14.99/month, \$99.99/year.	7 day free trial.	
Tracy Anderson Online Studio	New weekly classes for beginner, intermediate and advanced fitness levels plus a dance cardio library, bonus content, and more.	\$90/month.	14 day free trial.	
Tracy Anderson Virtual Training	Live classes + private training via Zoom.	Non-member virtual private training \$200/session. \$25/class. \$50/class taught by Tracy.		To live stream these classes, sign up via MINDBODY using your in-studio membership account, or register as a drop-in guest.
Trifecta	150+ live classes a month, daily live workouts on Zoom and live streaming on Instagram. Classes range from boxing to yoga to dance cardio to kickboxing.	\$30/month, \$240/year.		
Vera Yoga	Live stream options via Zoom, as well as an on-demand class catalogue.	On-demand \$30/month on Vimeo. Live classes \$28/class.		
West Kept Secret	On-demand HIIT streaming service with 30-min + 45-min total body video options, 10-min muscle focused video options, and 15-min stretching video options.	\$49.99/month; no contract, no commitment, cancel anytime.	SWEATSANDTHECITY for a free week trial!	FIRST SESSION FREE. On the landing page link above, a 30-min total body video option is there to try! New content is dropped every 2 weeks, so workouts stay fresh, innovative + give you variety.
Whitney Hoover	Whitney's unique approach combines the best of dance, pilates, mobility and strength training for a fun, energizing workout that sculpts a lean, toned body.	\$29/month or \$285 / year	SWEATS for first month free!	
Wundabar	30-minute Wunda-inspired on demand classes.	\$14.99/month.	14 day free trial.	
Xtend Barre	Live & on-demand barre classes.	\$8/month after trial.	14 day free trial. Code: 'XTEND20' for \$20 off an annual membership	
Y7 Studio	Y7's Signature Classes + new formats, with custom playlists for each flow. Weekly live streamed classes, with new videos added weekly - open to all levels!	\$16/month unlimited classes.	7 day free trial.	
Yoga Vida	Unlimited, LIVE and On-Demand Replays. Auto-renews monthly. Cancel anytime. Drop ins are good for one class, with 24 hour access.	\$7/class, or \$49 unlimited monthly membership.		
Zazu	Donation-based live workouts with instructors from your favorite studios while raising money for socially relevant charities.	Donation based, starting at \$5.		A portion of proceeds from each class is donated to the charity of the instructor's choice.