

THE ALYN

Upper East Side
NYC
LUXURY
RENTALS
Gordon Property Group

152 E 87TH

THE ALYN FITNESS CENTER

The Fitness Center at THE ALYN offers signature luxury in a high-performance training facility. Crafted by Homage, a leading designer of gyms and programs for professional athletes and other discerning clientele, the Fitness Center features a suite of thoughtfully selected strength training and cardiovascular equipment. Homage trainers will provide complimentary fitness assessments as well as offer a full range of free classes – a unique amenity exclusive to residents of THE ALYN.

Olympic Racks | Turf Athletic Area | Hammer Strength Machines | Dumbbells 5-100 lbs. | Kettlebells | Plyometric Boxes
Medicine Balls | Sled | Aqua Boxing Bags | VersaClimber | Concept 2 Rower | Airdyne | Battling Ropes | Peleton

COMPLIMENTARY SERVICES & CLASSES EXCLUSIVELY FOR THE ALYN RESIDENTS

• Assessment

Our personal welcome gift to you. An expert Homage trainer will provide a private consultation to assess your current fitness level, movement capacity and potential limitations. Based on the findings and your goals, Homage will provide you with a fitness regimen recommendation.

• Open Gym

A Homage trainer will be available during specific gym hours to answer questions and to demonstrate proper lifting and movement techniques.

• Yoga

Classes to enhance balance and mobility and to lessen stress.

• Butterfly & Bee Boxing

Float like a butterfly, sting like a bee and punch like a pro at THE ALYN's own weekly fight camp.

• Origins

Fundamental strength training classes.

• ENRJ

An express 30-minute class that builds cardiovascular fitness by utilizing the latest metabolic conditioning tools- replace your "same old" routine with this fast paced and unconventional workout.

• Super Sport

Athletic training that combines power, strength and speed. Train like a pro.

CONCIERGE SERVICES FOR THE ALYN RESIDENTS

• Personal training

• Personal program design

• Nutrition consultation and meal preparation

• Massage

• Physical therapy

TEAM

HOMAGE GROUP is the vision of brothers Eric Johnson and Ryan Johnson. Homage blends the science of health and fitness with the art of hospitality. With a distinct approach, vast experience and technical expertise, Homage designs and manages training facilities and provides world class concierge fitness services. Homage athletic clubs and training philosophy merge aesthetics with functionality and performance. The brothers' work extends beyond training and gym design to combat sport competition, feature films and the daily lives of their beloved clientele. In addition to their star-studded roster of athletes and entertainers, the dynamic duo has worked on projects with select brands such as Men's Fitness, Nike, and Fiji Water.

CONTACT

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