RESOLUTION 2 OF 999,999. SOUL CYCLE.

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Soul Cycle just opened an amazing new space in Tribeca and while I totally TOTALLY dread working out I decided to just suck it up and force myself to go. After all, as mentioned before, the only cardio routine I have these days is courtesy of the Dancey Dance segments from Yo Gabba Gabba.

So anyway- Soul Cycle has had a following for quite some time in other areas of the city and I was nervous as hell to go. I had never done a ?spin class? before and I was pretty confident that I was going to die on the bike and make a total scene. As I stood in the lobby waiting for class to start I tried my best to look like a pro but when I saw the sweat drenched people emerge from the prior class I started to panic.

Anyway - long story, longer... I snapped my shoes into the bike, said a prayer, jumped on and just did it. The teacher was amazing and led the class on what felt like a 45-minute spiritual journey through the mountains. The music was loud and excellent, the dark room and the vibe made you want to really push yourself. It was not nearly as bad as I thought it would be and I felt like a new human being when it was over. I am now hooked and I would highly recommend it to all the sluggish, sleep deprived moms and dads out there. It's a boost both physically and mentally.

-Dina

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