



NYC Lifestyle

Nov. 20, 2023 to Dec. 9, 2023

Holiday Fitness Guide

Don't let the cold weather slow you down or get in the way of your fitness journey! This week's NYC Lifestyle will help you stay active through the fall and winter seasons.

Holiday Half Marathon

What better way to stay fit and get in the holiday spirit than Brooklyn's [Holiday Half Marathon](#) on December 9-10. This scenic race begins and ends at the American Veterans Memorial Pier in Bay Ridge, where runners can expect plenty of holiday decorations and waterfront views of the city.

The Protein Bakery

[The Protein Bakery](#) is a great place to fuel your body after a tough workout while also satisfying your sweet tooth. You can visit their flagship location in Chelsea, or order their protein-packed homemade desserts for delivery. Their menu includes cookies, brownies, blondies, and more!

Bryant Park Boot Camp

Boot camp at the Bryant Park [Winter Village](#)? You read that right! [Bryant Park Boot Camp](#) is free and takes place on the Fifth Avenue Terrace every Wednesday at 7:00 a.m. Circuits include crunches, planks, and push-ups – the perfect blend of cardio and strength training.

Prospect Park Loop

The [Prospect Park Loop](#) is a 3.6-mile trail located in Brooklyn's Prospect Park. With attractions like an open ball field, a dog beach for your furry friends, and pathways through one of New York City's last remaining forests, this scenic trail is perfect for the whole family.



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Humming Puppy Yoga

[Humming Puppy](#) is an Australian yoga studio that brings relaxation to a new level. While there are no actual puppies involved, the name refers to a [constant humming frequency](#) created by Himalayan crystal singing bowls for a meditative, centering experience.

Daybreaker Dance Party

[Daybreaker](#) is a unique, alcohol-free dance party founded by a community of adults looking to make health and wellness way more fun. No two events are the same, and feature a rotating selection of local and celebrity DJs. Expect big beats, fresh juices, healthy bites, and positive vibes.

OutCycling

[OutCycling](#) is a non-profit, LGBTQ+ club that cyclists of all levels and abilities can join to stay fit or connect with new friends. Upcoming events include a waterfront group ride in Long Island and their annual holiday party on December 2.

Home Workout Routines

The thought of hopping on the subway to go to the gym can be demotivating. Working out in the comfort of your own home can save you time, money, and also prepare you for more challenging fitness classes. Not sure where to start? This article from [verywell fit](#) will help you jumpstart your at-home fitness journey and achieve your goals.