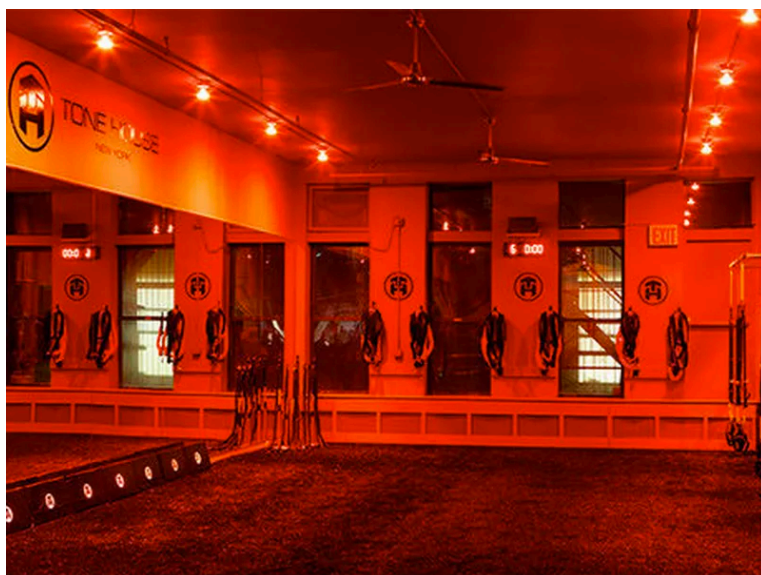




Work Out Like a Total Beast at Tone House on East 17th Street

TIFFANY YANNETTA Apr 8, 2014, 5:00p



This afternoon, we checked out **Tone House**, a new athletic-based group fitness studio in **Union Square**. The mantra: "unleash your inner athlete," and Tone House's **badass team of four** will squeeze that out of you with every single plank, sprint, and push-up. With plenty of high-fives along the way.

Props include **TRX and sandbags**, plus harnesses with **77 pounds of resistance** that are mounted to the walls with long accordion chords. If you're looking **totally beast it out for summer**, this is where should go. A single class pack for first-timers is **\$20**, and after that it's **\$35 a class**.

A five-pack is **\$165**, ten is **\$310**, twenty is **\$580**, and an unlimited month is **\$500**. (That's worth it if you're planning to do at least 15 classes.)

- [Tone House](#) [Official Site]
- [All Fitness Coverage](#) [Racked NY]