



I tried 'the hardest workout in New York City'  
— and I can't wait to do it again

## Tone House

Nomad ([directions](#))

32 E. 31st Street

New York, NY 10016

<http://www.tonehousenewyork.com/>

[Tone House](#) has a reputation of being "the hardest workout in New York City." The athletic-based, group-fitness studio offers classes that are similar to team sports practices, with drills, sprints and even resistance training.

I stopped by Tone House's new Manhattan studio to see if the workout actually lived up to the hype — and it did. I was winded after the warm-up drills, and struggled through the rest of the class.

But even though I was completely exhausted at the end of the workout — and my body ached for days — I also had a ton of fun. Tone House has an emphasis on teams, so everyone in the class was giving each other high-fives and cheering for one another, and I left feeling great (mentally). I can't wait to try it out again.

**Watch the video [here](#).**