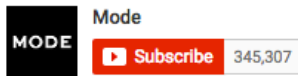




Tone House Tough | Healthy Obsessions



14,695 views



(Watch the video [here](#))

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We've done paddleboard yoga, cycled away the calories, and even flew high with aerial acrobatics. But no healthy obsession compares to this.

Heralded as the hardest workout in NYC, Tone House is where founder Alonzo Wilson melds sports performance, high velocity, and impactful drills for a calorie-burning, strength-building experience. Keep up!