

glow

Canada's definitive guide to beauty and health

Where spinning and sun salutations meet

By Karen Robock

[Spynga](#), the new fitness hotspot in downtown Toronto, has struck the perfect balance for cardio-lovers and meditation gurus alike.



Co-owners Casey Schacter and Sari Nisker are childhood friends who've joined their love of cycling and yoga, respectively, into a new breed of workout that combines the best of both worlds.

Cardio, flexibility, strength training and meditation are all taken care of in a one-hour session of Spynga-flow. "On paper they seem really different but spinning and yoga actually balance each other out," says Schacter.

My class, led by Schacter, begins with gentle yoga stretches – done on the spin bikes – followed by a half-hour of intense pedaling and then another half-hour of slow Vinyasa (or "flow") yoga on the mat. By the end I'm feeling extremely sweaty, and totally satisfied. I can't wait to spin – and take Savasana – with her again!

Spynga also offers standard yoga and spin classes, at various levels, as well as pre-natal and kids' yoga, organic facials, massage, shiatsu and other body treatments.

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