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Fitness Spotlight: Spynga

A combination of spinning and yoga *Story by Antonella Nardulli* May 01, 2008

Change is a good thing, especially when it comes to your fitness routine. Casey Soer and Sari Nisker, the creators of Spynga (spin-gah), the city's first spinning and yoga studio, discovered that combining these two practices makes for a unique and balanced workout.

Soer, a passionate cyclist, trained in L.A. before teaching spinning in NYC and Toronto. Nisker, a peaceful yogi, has been practicing for over a decade and currently teaches in NYC, L.A. and Toronto. After dragging each other to spinning and yoga classes, they hatched an idea – Spynga!

Spynga is all about a full body and mind experience. Signature classes like Spynga Flow begin with 25 minutes of intense spinning followed by 25 minutes of yoga. Workshops such as the Spynga Spring Detox leads participants through two weeks of healthy cleansing and detox. Yoga classes are also offered for kids and teens.

"We want everyone to feel at home in this space and feel like they are part of a community," says Soer.

Most classes take place in an open gallery-like room with hardwood floors and high ceilings hung with chandeliers. Local art and colourful paintings hang on the white-washed walls, and large windows allow for lots of sunshine. During the warmer months, outdoor yoga classes happen on the quiet back deck, overlooking lots of trees.

Soer and Nisker trusted the design of the Spynga studio to HGTV's *Opening Soon: By Design*, and Toronto-based firm X-Designs.

Spynga's services also include massage therapy, holistic treatments, reiki and an eco-friendly boutique featuring organic cotton T-shirts and loungewear for both men and women, clothing by Luv'd, bath and body products from Scrub Your Butt Soap Co. and Jivamukti body lotions. Accessories and gift items are also available.

Where: 1415 Bathurst St., Suite 302, (416) 588-SPYN (7796)

Who signs up: Men, women, teens and kids. Anyone who's looking to try a new workout, in a non-intimidating environment

What you'll find: Supportive and motivational instructors, a private yoga studio, a massage therapy room and a sitting lounge

What you'll see: Airy spaces, lots of natural light, a floor-to-ceiling chalk board in the entrance highlighting the monthly class schedule, and members' birthdays

Pictured at top (left to right): Casey Soer, Sari Nisker