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SPYNGA AT THE YOGA AND CYCLING STUDIO

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What: The latest craze on the workout circuit. In case the name throws you off, it's a mix between spinning and yoga, hence "spynga" (pronounced "spin-ga"). If you find a full hour of spinning too exhausting or the thought of an entire hour of yoga too, well, boring, spynga offers the best of both worlds.

Why: Owners (and teachers) Casey Schacter and Sari Nisker have found a new way to infuse exercising with

a little fun and excitement. Plus while you're there, you can treat yourself to a deep tissue massage, some reflexology, or a reiki session as the studio also offers the services of an in-house registered massage therapist. Try out your first class for only \$12! (All subsequent classes will cost you \$17 per class, but they also offer packages such as five classes for \$75, but the best deal is 15 classes for \$195, which works out to only \$13 per class!) Casey and Sari also offer private yoga, cycling, spynga, and pilates classes for \$80.

When: Spynga held their launch party in their studio on April 12th and offered wine, hors d'oeuvres, and mini massages to invitees. We also got the opportunity to try out a Spynga class on April 17th and we can assure you that it's every bit as fun as it sounds!

Where: The Yoga and Cycling Studio, 1415 Bathurst Street, Suite 302, Toronto. Check out the [Spynga](#) website for more information on [classes offered](#), [rates](#), [schedules](#), and [booking classes](#) or call 416-588-SPYN (7796).

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