



The Academy Award-winning film about a janitor from South mathematical problems that per MIT — was actually film

"New York — as run b

Home

What is this site about?

Why sign up?

Visit other cities

People love us

Contact 6NT

Advertise with us

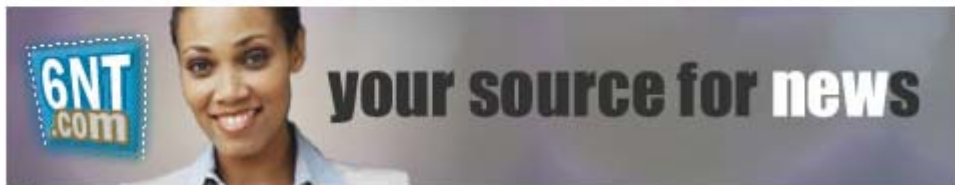
Change My Password

Change My Homepage

Log Out



6NT sixnewthings to go [Download this page](#) to your PDA or mobile phone [Instructions](#) 



1 Spynga will have you spinning... and doing yoga, for better fitness

Yoga is a great way to detox one's soul. **Spinning** (on a cycle, not on one's head) is a great way to burn calories.



Now, a new fitness studio in Toronto is uniting the two activities into one regimen for better fitness. At the new [Spynga](#), you undertake a one-hour workout during which you begin on a bike performing yoga poses using your upper body. Proper breathing and stretching techniques get emphasized during this portion of the class.

You then proceed to a 25-minute rigorous cycle, and then follow up with a relaxing yoga class of the same length. Yoga mats rest beside the cycles for quick transfer from one to the other.

Spynga is the first combo spinning/yoga studio in Toronto. It also affords some therapeutic treats, including deep-tissue massages and aromatherapy massages. **Just opened Apr. 16. 1415 Bathurst St. 416.588.7796.**

Top

SUBS
Sign up
things we
cit
(everyone
hi



RAND
VISIT OU

Albuque

Bah

Boise
Bo
Buff