



August 29, 2006

Spin Doctors

As a new mom your head is already spinning - feedings, diaper changes and baths - so it's pretty hard to find time in your day to exercise. So if and when you do, it's not very relaxing to be in a brightly-lit studio with screaming instructors and techno blaring.

Put your mind at ease and head to the new indoor cycling studio, SoulCycle, which recently opened its Zen doors on the Upper West Side. Started by three women -- avid cyclists and new moms themselves -- SoulCycle is a spa-like studio that is much more about achieving a mind-balance than pumping iron.

With its vintage lockers, soft lighting and 23-foot mural of an expansive, open road, SoulCycle is a place to not only get fit, but to achieve a sense of calm as well. Fresh flowers adorn the space, candlelight is prevalent (even while spinning!) and the studio backs up to a lovely little bamboo garden.

SoulCycle's newest offering is the post-partum Soul Mama series, which begins in October. This eight-week course is the perfect way to reclaim your pre-baby body and consists of 16 classes (2 per week), plus padded bike shorts, shoe rentals, endless amounts of water and even tees for both mom and baby.

There are also class offerings for various abilities and ages including Soul Trip, a fat-burning, strength-training class set to eclectic, motivational music by everyone from Coldplay to Fleetwood Mac; and Soul Basics, an intro course in which riders learn the indoor cycling basics. And for the seriously hardcore spinner, Soul Survivor is a one-hour endurance ride that is both exhilarating and thoroughly exhausting.

If you're looking for a place to shape your butt and clear your mind at the same time, look no further. A spin around the block has never looked so good.

SoulCycle, 117 West 72nd Street, 212-787-1300.

We're Hiring

Does your love of hip baby gear rival your HTML skills? Are you a Web-savvy designer on top of the latest tot trends? UrbanBaby is looking for a New York-based Tech Producer. To view the full job description, go to appmail.com

Monday's UrbanBaby Daily: [Yoga Zone](#)

Recently Discussed on UrbanBaby Message Boards: ["What was your baby's birth weight?"](#)

Interested in advertising? Email business@urbanbaby.com

[Subscribe to UrbanBaby Daily](#) | [Unable to read email?](#)

[Sign Up](#) | [Unsubscribe](#) | [Advertising](#) | [Jobs](#) | [About Us](#) | [Contact Us](#) | [Help](#) |
[Archives](#) | [Site Map](#) | [Press](#) | CNET Networks, Inc.

©2006 CNET Networks, Inc. All Rights Reserved.
235 Second Street, San Francisco, CA 94105
[Terms and Conditions](#) | [Privacy Policy](#) | [Editorial Policy](#) | Illustrations by Ruben Toledo