

# UNIQUE HOMES

## NYC RESIDENTIAL DEVELOPMENTS WITH LUXURY GYMS TO WORK OFF THE WINTER BLUES

With winter now here, it's getting harder to escape the seasonal blues associated with lack of sunlight and chilly temps. However, several of New York City's latest luxury residential developments have outfitted their fitness centers with saunas, spas and pools all perfect for escaping and recovering from the harsh winter weather. Here are six luxurious gyms perfect for working off that pent-up winter energy:



**Citizen360:** Designed by holistic interior designer Clodagh, best known for her work designing hospitality spaces and spa resorts, the wellness lounge at Yorkville luxury condominium Citizen360 features an infrared sauna, which creates the same far infrared heat produced by the sun without the harmful ultraviolet waves that the sun gives off. Residents can get rid of impurities from holiday parties and seasonal activities, as using the sauna helps remove impurities from cells, specifically cholesterol and heavy metals.

*Photo credit: Redundant Pixel*



**SKY:** Designed by groundbreaking architecture firm **Goldstein Hill & West**, Hudson Yard's newest addition SKY, located at 605 West 42nd Street, provides its residents with relaxation from every angle. The on-property wellness club Lifetime is home to a full-service spa, an indoor water club, sauna and Turkish style hammam.

*Photo credit: Tim Waltman for Evan Joseph Images*



Photo credit: Williams New York

**135 West 52nd Street:** The new luxury condo building in Midtown Manhattan features a 12,000-square-foot Resident's Club, complete with men's and women's locker rooms with spa-like saunas and relaxing steam rooms. The cedar wood saunas are electrically heated, while the mosaic-tiled steam rooms are filled with cleansing water. Residents can warm up and relax in the soothing heat after working out in the exercise room, swimming laps in the building's 75-foot pool or after an intense game of baseball in the onsite sports simulator.



Photo credit: Williams New York

**One Seaport:** The seaports' first all glass tower, 1 Seaport boasts an indoor infinity edge pool designed by **Goldstein Hill & West**. Residents will be able to take a relaxing dip in the water to glass designed pool, bringing an added aquatic element to waterfront living.



Photo credit: 10 Madison

**10 Madison:** Residents living in the former Toy Factory, designed and converted by the partners of **Goldstein Hill & West**, can warm up in 10 Madison's 60 foot heated lap pool and adjacent hot tub. With steam rooms and saunas in each locker room, relaxation can take place after a workout or before a private massage in the treatment room.



Photo credit: Watson & Co.

**Fifty Third & Eighth:** Residents at the luxury condominium situated in the heart of Hell's Kitchen can escape the winter weather in the light-filled fitness center's spa, which features steam rooms and a sauna. The spa also overlooks secluded gardens designed by Terrain with seasonally adaptive plants for a healthy dose of relaxing greenery.