

BOX + FLOW

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New Boxing Gym In NoHo Offers Yoga-Style 'Power Flow' Workout



NOHO — A new boxing gym in NoHo is offering a yoga-style "power flow" workout developed by its founder, Olivia Young.

Young says **box + flow** is the first gym of its kind in New York City, offering 50-minute classes taught by trainers who include recruits from popular fitness studios like SoulCycle and local mixed martial arts fighters.

"I have been practicing yoga for the past 15 years and boxing recreationally for nine of them, simultaneously every morning," Young said in a statement. "I feel like Rocky every day at 9 a.m. before most people are even out of bed. It was this exact feeling that inspired me to create a one-stop-studio for people to box + flow in 50 minutes time."

Young's workout approach centers around five "pillars:" movement, breath, music, energy and balance. The idea is to marry meditational "mindfulness" with the speed and force of a boxing workout.

The 50-minute signature box + flow class include six minutes of shadowboxing with weights, followed by five rounds of "custom boxing combinations," along with a "power flow routine" done on a yoga mat, featuring traditional yoga poses and strengthening exercises.

Young's gym also offers separate boxing, flow and kickbox + flow classes, as well as private lessons.

The classes are meant for both men and women, and the gym includes eleven limited edition vintage boxing bags by the brand Everlast. Gloves, mats and towels are provided, but hand wraps must be purchased for a \$4 fee.

Attendees at the classes are paired at the bags for the boxing portion of the workout, then situated at one of 22 mats for the closing "flow" sequence.

Young has a background in the city's food service industry, and aims to eventually serve beer and juices at the gym.

A single group class costs \$33. Group pricing is available, with a three-class introductory pack at \$84, a five-pack for \$160, and a 10-pack for \$310.

Class registration is available online at [box + flow's website](#).

box + flow, 55 Bond St., 2nd floor. 212-288-3569. Classes offered seven days a week.