

Monday February 10, 2014



There is a lot of love and a lot of nakedness at the Cupid's Undie Run. / GREG LEATERS

Work it (and work out) this V-Day

Pair up. Ditch the chocolates this Valentine's Day and exercise with your partner instead.

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Speed (and Agility) Dating Circuit Workout

If you're looking for a date, you might as well burn some calories in the process. Every Thursday in February, New York Sports Club will host the Speed (and Agility) Dating Circuit Workout where you get to flirt while you're breaking a sweat. Thompson Plyler will run the workout — he's both a trainer and a relationship expert, so you'll be in good hands. **NYSC at 30 Wall St. Every Thursday through February at 6 p.m. Free for both members and non-members**

Partner Yoga and Acrobatics Playshop

At this yoga workshop, it's all about balance, plus some heavy lifting. If that's not hard enough, you'll also learn some things about communicating your desires. Sounds fun, and nearly impossible, right? **Body & Pole, 115 W. 27th St., Feb. 15, 5-8 p.m. \$65**

Yoga Download

How does yoga as

evening, no partner or previous knowledge required. **405 W. 55th St., Feb. 14, 7-9 p.m. \$25, \$45 for couples**

foreplay sound? If you're into that kind of thing (it's OK, we don't judge) you can download a yoga class for partners on Yogadownload.com. Your partner becomes your prop in the comforts of your own living room. One of the classes for couples is Amy Baglan's 60-minute Partner Yoga. **Anywhere and anytime. \$2.99 to stream and \$7.99 to download**

Cupid's Undie Run

Exercise, have fun and raise awareness of children's health by participating in the Cupid's Undie Run. Jogging in your skivvies is worth it when it raises money for the Children's Tumor Foundation. Plus, it's easier to check out the goods on a potential post-run hookup when you're both already in your underthings. **Stage 48, 605 W. 48th St., Feb. 15, noon. \$60**

Valentine's Day Salsa Class

Hips don't lie and the Ailey Extension — the teaching wing of the Alvin Ailey American Dance Theater — knows it. They're hosting a salsa class on Valentine's

evening, no partner or previous knowledge required. **405 W. 55th St., Feb. 14, 7-9 p.m. \$25, \$45 for couples**

Danny Zapata's Broken Hearts Club at Flywheel

This is one for the haters. While everyone else is planning what to do for the big day, you can take this Broken Hearts spinning class with Danny Zapata. Don't just hate Valentine's Day; break a sweat doing it! **Flywheel Flatiron, 39 W. 21st St., Feb. 10, 8:30 p.m. \$32**

