

HEALTH CALENDAR

Valentine's Day edition

TOMORROW

SENSEuous Meditation: Learn how to be present for your significant other with meditation coach Do You Mind(fully)? 7:30-9:30 p.m., \$25. 244 W. 54th St., Penthouse 1. Info: Doyoumindfully.com

FRIDAY

New York Ride Class: "Badass Breakups"-themed cycling class, with karaoke. 7:15 p.m., FREE for members and first-time guests with guest pass. Crunch, 220 W. 19th St. Info: Crunch.com

B(row)mance Full Body 45: Bring your bro to this rowing class, set to an all-male playlist, followed by beers. 7:30-8:15 p.m., \$35. Row House Chelsea, 269 W. 23rd St. Info and registration: Rowhousenyc.com

Candlelit Heart & Hips Flow: Vinyasa flow class featuring leg poses that give you access to your hips and back-bending sequences that activate your heart chakra. 7:30-8:30 p.m., \$24. Lyons Den, 279 Church St. Info and registration: Lyonsdenpoweryoga.com

SATURDAY

Heart Chakra Power Flow: Hot yoga focusing on the heart chakra. 9:15-10:45 a.m., \$24. Lyons Den, 279 Church St. Info and registration: Lyonsdenpoweryoga.com

Yoga 4 Better Sex Valentine's Day Couples Class: Yoga followed by sex workshop with Rachel Hoffman. 1:30 and 4:30, \$85/couple. 305 Fitness, 18 W. Eighth St. Info and registration: 305fitness.com



KYLE FROMAN

The Ailey Extension is hosting a salsa class this Valentine's Day.

Row-meo & Juliet Full Body 45: Row class set to a "row"-mantic playlist, with wine to follow. 6-6:45 p.m., \$35. Row House Chelsea, 269 W. 23rd St. Info and registration: Rowhousenyc.com

SUNDAY

Power Beats: Hot Power Vinyasa class set to power love ballads. 9-10 a.m., \$24. Lyons Den, 279 Church St. Info and registration: Lyonsdenpoweryoga.com

New York Ride Class: "Heartbreakers & Heartthrobs"-themed cycling class. 10 a.m., FREE for members and first-time guests with guest pass. Crunch, 691 Fulton St., Fort Greene. Info: Crunch.com

Valentine's Day Salsa: Come with or without a partner. 7 p.m., \$25/person. The Ailey Extension, 405 W. 55th St. Info and registration: Alvinailey.org

