

# The 15 best gyms in NYC residential buildings

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Jay Wright, founder and CEO of The Wright Fit, a gym design and management consultancy, is behind many of the gorgeous gyms in high-end NYC residential buildings, from 15 Central Park West to 56 Leonard. The Wright Fit has a very specific philosophy that guides their design and programming for their clients' facilities. "That philosophy is called centerpoint strategy. The goal of is to create balance, functional longevity, and optimal quality of life for our clients and the residents of the building. We are trying to get people off of fixed path motion machines, where the actual machines define the path of motion, and teach people about their bodies. We like to challenge people to evolve their way of thinking."

Wright says that time and proximity are the biggest barriers to working out. By creating gorgeous gyms in residential buildings, those two barriers are eliminated. So if you live one of these buildings with amazing gyms, let us envy you as you run down the stairs (forget the elevator) and start sweating. Ahead, we've rounded up the 15 best residential gyms that are getting New Yorkers' heart rates pumping.

**11. 242 Broome Street**



This [SHoP Architects](#)-designed condo is part of the Lower East Side’s Essex Crossing mega-development. Despite being a boutique building, 242 offers a 2,000-square-foot gym with three zones: functional fitness, strength training, and cardio training. The gym also features state-of-the-art, A/V-enabled TechnoGym equipment. Catch your breath on the landscaped roof deck, and don’t worry about working up an appetite, as 242 Broome will be one of three Essex Crossing sites that connects directly to SHoP’s Market Line, a 150,000 square-foot food/retail market.