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Thursday, March 25, 2010

**Vital Spy**

## Natasha Linton

This personal trainer doesn't want you to waste time in the gym.


With trainer Natasha Linton's **Peak 20 Workout**, 20 minutes of intense conditioning, you'll have plenty of time to spare. Here are her suggestions for what to do with all those extra hours:



YogaWorks Soho is the newest NYC location with over 100 classes each week for everyone from beginner to advanced yogis.

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### Get a week of free yoga!

 YogaWorks, with its five NYC locations, is bending over backwards to get you in shape, offering **seven days of yoga on the house**. Sample a different class each day, from a quickie Lunch Express to the metabolism-boosting YogaWorks Slim. And be sure to stop by the newest SoHo location, a loft-like space complete with showers and saunas. You won't want the week to end. [Get your free one-week pass here.](#)

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**strength training • weight loss**

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### MAKE OVER A MENU ITEM.

"I don't limit myself to 'healthy' restaurants. I either look for the healthy section on a menu or **turn a meal into something more beneficial**. For example, at **La Carbonara**, I order the salmon without the cream sauce and get a side of veggies." **202 W. 14th St., (212) 255-2060, [MAP](#)**



### CAN YOU SAY SPA-AHH?

"Unfortunately, because of my busy schedule I don't have the time to get a facial or massage as often as I'd like. But when I do, I love going to **Mario Badescu** for pampering." **320 E. 52nd St., (212) 758-1065, [MAP](#)**



### WALK THE LINE.

"Another gem in NYC is **The High Line**, a 1.5-mile stretch from Gansevoort to 20th Street. During the summer, it's a **great place to stroll or take a break**. I can just sit there and enjoy the warm weather." [Directions and information](#)



### BE A JERSEY GIRL.

"I enjoy biking in the **Palisades in New Jersey** when the weather is nice. This area offers a **scenic ride through nice and quiet neighborhoods**." (Experienced cyclists can get there by way of the George Washington Bridge.) [Directions](#)

And that's time well spent.

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