



BWW Fitness News: Perspirology Now Offering Classes at STEPS on Broadway in NYC

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by BWW News Desk

Boutique fitness studio, Perspirology, is now offering classes in Manhattan at STEPS on Broadway every Monday and Friday for their "Morning Fit Program".

Perspirology specializes in sculpting tight, toned physiques through dance-based exercises that enhance one's cardiovascular and muscular endurance. The goal is to train the body to move in new ways to create greater body awareness and, therefore, lasting change. Fitness should not be black and white. It is by exploring the gray areas that we can learn the most about ourselves and our true physical potential.



Katy Fraggos (creator/co-owner) served as Head Trainer/ East Coast Sr. Brand Ambassador for the Tracy Anderson Method studio in NYC for 7 years. During her time at TAM, she had the privilege of training many "A List" celebrities/artists, new trainers, and assisting to implement new programming into the studio.