






# New ways to work out

Where to lift weights—and compete in a cage match, cheerlead or train like Randy Moss. Your localized guide to the freshest gyms and techniques, with programs low-key , intense , hard-core  or your choice of all three. By **Kate Lowenstein**

## Downtown/Wall St



### Complete Body Development

The deep-pocketed will be tempted to splurge on this training-only gym's new Lifeline Package, a \$3,999 eight-week course designed by founder Alex Reznik. The package includes eight massages or facials, personal training sessions three times per week and appointments with a nutritionist. If you don't have the cash for such an undertaking, the gym offers a 30-minute executive workout (\$50), an intense session incorporating kettlebells, rock climbing, stretching, martial arts or boxing.

**Rates:** Per month \$89 plus \$249 initiation fee with a yearlong commitment; \$99 per month without commitment. *80 John St between Gold and William Sts, No. 1 (212-248-3030)*