

pilatesstyle

www.pilatesstyle.com

GET YOUR DREAM BODY WITH TONING PROPS

HOW TO STAY MOTIVATED: THE PROS SHARE THEIR WORKOUT SECRETS

BLAST FAT IN JUST 20 MINUTES!

SCULPT YOUR LOWER BODY WITH OUR TARGETED ROUTINE

BEAT WINTER BLUES

- **CUTE, COZY COVER-UPS**
- **ENERGY-BOOSTING TIPS**
- **HYDRATING BEAUTY FINDS**

2011 RESOURCE GUIDE

EVERYTHING YOU NEED TO DEEPEN YOUR PRACTICE NOW

**APPAREL
LOOK THINNER AND MORE STYLISH**

**EDUCATION
CAN'T-MISS CLASSES + WORKSHOPS**

**EQUIPMENT
NEW TRENDS**



Giovanni 3inOne is shampoo, body wash and bubble bath in one, which makes it a great all-purpose must-have for your gym bag or for clients at a studio. It's also packed with organic oils and nutrients to smooth skin and condition hair and is sulfate- and paraben-free (**\$9.95**; giovannicosmetics.com).