

Get in Shape!

One Class at a Time



In June, we began a three-part series following staff members and volunteers on their journeys to lose 20 pounds in 2 months. Due to the series' popularity, we extended the series one more month to do a final check-in on our Editor and her classes around town. How did it go? Read on...



Day 32

Boot camp is killing me. I'm sore and grouchy from having to constantly cut short time with people important to me in order to go to bed early enough to get up for boot camp. It's been busy at work, so I haven't been to Yoga as often as I'd like either. As soon as I'm in the room tonight though, I'm mad at myself for not making more time. I feel strong and vulnerable and able and capable and exhausted but not at all stressed out. Lying in Corpse Pose, I want to spend every evening here.

Day 37

Gyrotics with Pitthsamay (the trainer) again today, and I've really grown to look forward to these sessions as much as Pilates. I still feel uncoordinated, but less so than I used to, which is a big step for me. I'm finally just now beginning to be able to integrate the muscles so that I use them equally, and I can feel and see the difference in my abs. I love the feeling of accom-

plishment I get from even the basic moves. It's amazing how difficult simple things can be when you try to do them right...

Day 36

Yay! Boot Camp is over! Though it did get me to remember that I need to be doing squats, lunges, lifting weights, etc. on my own, I am so glad to be done with it. My life is too stressful right now to pay someone to shout at me. Maybe this means I won't be in as good shape as I could be, but I think mentally I'll be better off.

Day 39

Dawn-Marie at Core Conditioning has been out-of-town, so I do Pilates with Carrie again today. It's great to get another perspective. Carrie moves at a little bit of a faster pace, so I really feel the workout. I think it's really helpful to work with so many different people here. Each trainer has done different moves with me and explained things in a different way, so at some point or another, it clicks with me.

Day 42

My hope that the month of Boot Camp will get me back into the gym every morning hasn't worked out too well. For the *n*th day in a row, I've reset my alarm when it beeps at me and decided I can go to the gym after work. But that just doesn't seem to happen. I'm glad that Pilates and Yoga have kicked up a notch so that I'm getting something of a workout, but I know I need to be doing more cardio. I'm losing everything I accomplished in Boot Camp.

Day 46

My day got busier than I thought, but I did make it to Pilates. Dawn-Marie remarked on how far I've come with The Hundred, and Teaser doesn't seem unachievable anymore. And in a small but significant victory, I only made it to the gym for twenty minutes on the elliptical. Previously, if I couldn't have gone for an hour I wouldn't have bothered at all, but I know something's better than nothing, so that I fact that I was willing to



A great way to balance
your personal and your family life.*



Free Weights
Advanced Cardio Equipment
Group X Classes
Certified Personal Trainers
Basketball
Swimming Pool
Sauna & Steam Room
Whirlpool
Kids' Club
Pro Shop



800.204.2400

www.24HourFitness.com



No Enrollment Fee

on an alternate day one-club Value Plus membership. Pay a one time processing fee and first and last EFT monthly dues and you're in.

OVER 300 CLUBS NATIONWIDE. 52 LOS ANGELES AREA LOCATIONS.

Now Open for Presale!

Hermosa Beach Sport • 310.374.4524

We're Moving!

Lax • 310.410.9909

No other discounts can be used with this offer. Must be at least 18 years old, at least 120 lbs. Insurance may be offered for existing or other memberships. Certified Personal Training and EFT Club available for an additional fee. Facilities and services may vary by location. Restrictions on individual club may apply. Not all clubs open 24 hours every day. Processing fee of participating 24 Hour Fitness locations only. Offer may require additional price reduction. See club for complete details. ©2004 24 Hour Fitness USA, Inc. 3008273304

core
conditioning

Physical Therapy
Pilates
Gyrotonic®

Studio City

12930 Ventura Boulevard
Studio City, CA 91604
818.907.0008

Burbank

2703 West Olive Avenue
Burbank, CA 91505
818.729.9419

Core Conditioning, a comprehensive physical therapy, Pilates, and Gyrotonic® facility, provides a unique health care experience for those seeking mind-body fitness, as well as rehabilitation. Pilates instructor training courses available.

Bring in this ad for a 10% discount off any service.

ny go for a little bit is a big step in the right direction.

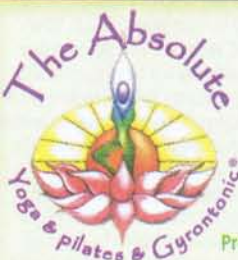
ay 51
s sometimes hard to squeeze in my Pilates appointments on my lunch hour, but I really hate to cancel them. Dawn-Marie and I did some alleCore today, which combines Yoga, Pilates and ballet, and I loved it. I keep trying to make it to the classes, but I'm usually stuck at work. I never thought I could look forward to working out and be upset when I missed it.

ay 55
he most amazing part of all this training is the effect it's had on soreness and stress. After long days at a computer, my back always used to hurt. But ever since I started this, my back doesn't hurt, my shoulders don't hunch as much, I can feel myself using my abs for support all the time. It's so incredible to not be in physical pain at the end of the day—and I was already in pretty good shape. I can't imagine what it must be like for people who really need physical therapy.

ay 59
My last day at Core Conditioning. Pitthsame goes through my final Gyrotonics session with me, and she asks if I have a few extra minutes so she can take me through one or two more exercises that she thinks I need today. I so hate to leave! Today is just so indicative of all the people here—they care about getting the results and getting your body what it needs more than sticking to the clock or getting the last dime. I leave feeling taller, healthier, and so glad I was able to take part in this experience.

Did She Do? Megan did Pilates and Gyrotonics two to three times a week at Core Conditioning in Studio City (818/907-0008, www.corecondition.com) as well as boot camp in West Hollywood, Power Yoga at Mark Blanchard's Studio City and West L.A., and going to the gym on her own. Megan didn't want to know her weight; she just wanted her clothes to fit better and to feel better about herself. But for the record, she was able to wear a white strapless dress to a party that she never thought she would fit into again, and able to go swimming in a two-piece without being self-conscious—which she personally feels is a greater accomplishment than numbers on a scale.

Megan Macmanus is Editor-in-Chief at Family Magazines.

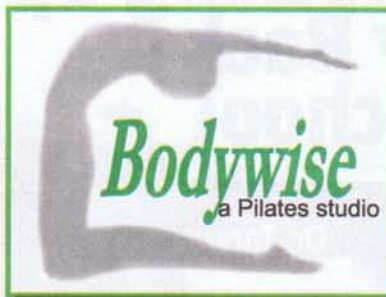


Hatha
Anusara
Kundalini
Vinyasa Flow
Pilates & Gyrotonic®
Private & Group Classes

Mention this ad and receive your first class free or 10% off first series purchase

20855 Ventura Blvd, Suite #8 • Woodland Hills, CA
818.226.0695 • www.theabsoluteyoga.com

STRENGTH • BALANCE • SERENITY



CERTIFIED INSTRUCTORS
818-718-1188
www.bodywisepilates.com
19524 Nordhoff St. #8B Northridge, CA 91324

Get into shape with
PILATES

"Physical fitness can neither be acquired by wishful thinking nor by outright purchase. However, it can be gained through performing the daily exercises of Pilates." - Joseph Pilates

Gift Certificates available!
Give the gift of health

Workout when it is convenient for you in a fully equipped studio specializing in private & semi-private, group reformer and group mat classes.



**Affordable
health coverage
is just a phone call away**



Please call
1-877-316-0162
Ext. 4050

or your Blue Cross Agent.
Go to: www.bluecrossca.com/direct/sm

Blue Cross of California is an independent licensee of the Blue Cross Association.



BlueCross
of California