

Chill Out

Wellness for body, mind and spirit

Just opened

Rack addicts True Pilates, the home away from home of Joseph Pilates's chosen successor, Romana Kryzanowska, has stretched six avenues to open a second location, **True Pilates East**. The 2,500-square-foot studio takes over two floors of a light-filled townhouse and features cathedral ceilings, seven reformers, five towers—in addition to a plethora of rare apparatus—as well as private instruction from veteran teacher and co-owner John Degenshein (\$90, mat classes \$30). 358 E 57th St between First and Second Aves (212-339-7200).—Jane Borden

Chill Out

