



BEST IN NEW YORK 2007

BEST NEW PILATES STUDIO

True Pilates East

358 E. 57th St. (1st & 2nd Aves.)
Midtown 212.339.7200

Wood floors, cathedral ceilings, skylights...your new apartment? Fat chance! Still, you'll definitely feel right at home walking into True Pilates East. A second outpost of Tom Gesimondo's True Pilates New York (formerly Drago's), the space owned by Gesimondo and instructor John Degensheim offers up studios galore, along with tons of classes to kick your butt into shape. And there's no need to worry about the quality of teaching, since all instructors are Romana's-Pilates-certified (she's the Pilates guru, for those not in the know). Channel Madonna's sexy arms with the mat class and tower classes. Don't get along well with others? Try a personal session (\$90)—not cheap, but at least you won't have to talk to anybody but the trainer. Can you handle the truth? Only your body knows for sure.

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