



calendar

pilates style news updates

3/1 Level I Chair

Pilates of Greenville, Greenville, SC
(800) 925-3674

peakpilates.com

3/1 Pilates Teaching Clinic "The

Cadillac/Trapeze Table "

East Coast Pilates, Avon, NJ

(732) 775-5006

eastcoastpilates.com

3/1 Power Pilates Reformer Review

(Intermediate-Advanced) with Liv Berger
(Continuing Education)

Power Pilates, Madison, WI

(212) 627-5852

powerpilates.com

3/1 Power Pilates Cadillac Review

(Intermediate-Advanced) with Liv Berger
(Continuing Education)

Power Pilates, Madison, WI

(212) 627-5852

powerpilates.com

3/1 Power Pilates Master Class with Alison

Laundrie (Continuing Education)

Power Pilates, Troy, NY

(212) 627-5852

powerpilates.com

3/1 Power Pilates A Pilates Pregnancy with

Alison Laundrie (Continuing Education)

Power Pilates, Troy, NY

(212) 627-5852

powerpilates.com

3/1 Power Pilates Reformer on the Mat:

Challenging Your Clients with Alison Laundrie
(Continuing Education)

Power Pilates, Troy, NY

(212) 627-5852

powerpilates.com

3/1-2 Fletcher Towelwork® Licensing Course

Hong Kong

(888) 732-8884

fletcherpilates.com

3/1-2 Pilates for Golf Instructor Training

Level 1

Body Balance Movement Therapy, Raleigh,

NC

(703) 207-9120

pilatesforgolf.com

3/2 Power Pilates Supporting and

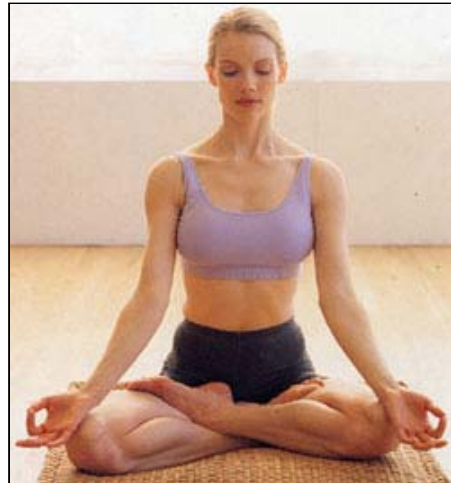
Spotting/Techniques from Romana with Leah
Chaback-Katz (Continuing Education)

Power Pilates, Kingston, NY

(212) 627-5852

powerpilates.com

What's in *Your* Gym Bag?



Kristin McGee's acclaim as MTV's fitness guru—and star of the network's yoga and Pilates videos—makes her a sought-after teacher. When she's not working on a new release, Kristin teaches at some of New York's finest health clubs, schools and community centers, as well as offering private lessons. That all translates into a lot of subway time, so this girl always leaves the house prepared. We peeked inside her Timbuktu messenger bag (which spends equal time on each shoulder—after all, it's all about balance, right?), and this is what we found:

- Magazines—*Pilates Style* is on the top of the stack, of course. Also in there: *New York Magazine*, with its crossword page dog-eared.
- Pencils, pens and a day planner to stay organized.
- Extra hair ties.
- Fresh makers: mints, gum and Listerine strips.
- An Altoid can full of almonds. "I once read about this as the perfect portion size of nuts; it is so convenient," says McGee. An accomplished snacker who needs to keep her energy up throughout her busy days, McGee also carries nutritious treats like Larabars, ostrich jerky, apples, oranges, peaches and oatmeal packets.
- A strap, which she uses as a stretch aid for tighter clients.
- Tiny container of Acquaphor to moisturize her hands after frequent washings.
- Small bottle of hand sanitizer. "I come in contact with so many people throughout the day and it's the best way to ward off sickness," she notes.
- Wallet and unlimited Metro Card to take her all over NYC on the subways if she can't walk to her destination.
- Cell phone.
- Journal to write down inspirations and thoughts throughout the day.

Large water bottle—hydration is key!