

vital juice

January 16, 2012

Super-lates



Get Pilates-fit in a hurry at this unique new studio.

We love the long, lean physiques of Pilates diehards. But frankly, that system doesn't always get our sweat on. Plus nearly every Pilates studio we know requires private lessons as part of the (expensive) deal.

Enter Reform Chicago, the city's first dynamic Pilates studio. The new River North spot offers group classes on the Pilates Reformer, no private lessons required, and each workout combines traditional Pilates exercises with targeted moves for a killer circuit class.

In our session, we did more reps than in a typical group Reformer class, and transitioned between exercises much faster. We definitely sweated. And we love that each student's first class is free!

Don't get us wrong. We still think classical Pilates is a great way to tone up, strengthen the core and correct imbalances. But if you want a Pilates-style cardio class, Reform is for you. **Barre fitness and yoga sculpt junkies will go crazy for this.**

Check out [this video of a class in action](#).

No reformation without Pilates representation.