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CLASS IS IN SESSION

## Stretching, Sliding, Bonding: A Multitasking Mix

### PILATES SYNERGY FLOW

*The Sports Club/LA at 330 East 61st Street,  
and the Reebok Sports Club, 160 Columbus Avenue.  
\$35 guest pass when accompanied by a member.*

IS a six-pack a six-pack if it is hidden under fat? Pilates mat work may strengthen core muscles, but the subtle moves that are often done lying down don't exactly burn a lot of calories. That's why many fans, myself included, supplement regular mat classes with cardiovascular exercise. How else to fit into skinny jeans?

To hear Jonathan Urla tell it, Pilates devotees no longer need to squeeze in cardio sessions on the side. Just take Pilates Synergy Flow, his hourlong workout that offers the toning of Pilates bookended by a brisk warm-up and a chaser of squats, lunges and arm work done at a heart-thumping pace. Four props also make the mat work far tougher than when just body weight is used.

Weights, in particular, up the ante. After holding 2-pound dumbbells midair while scissoring and circling the legs, my upper body ached the next day, a rarity in mat work, which has few arm exercises. But switching among a resistance band, a toning ring and two sets of weights complicated transitions and ultimately slowed my heart rate.

The most breathless part of class involved squats and lunges with dumbbells. No surprise there.

Patricia Bonitch, 27, who attends the class, explained the appeal of a multitasking workout: "This way you get at least some cardio in, and you get more of a workout from your Pilates."

For me, 25 minutes of class time devoted to raising pulses wasn't quite long enough to skip my jog the next morning, but I did take a shortcut.  
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