

Pilates and Southern California are almost becoming a cliché, but an exciting new pilates studio has recently opened in Newport Beach and is gaining crowds and reviews all over the city. The latest and most exciting Pilates studio to open is called Core Reform Pilates and it will give your body a workout like no other.

Pilates is a revolutionary exercise technique that lets you control your muscles and gives your body increased strength, flexibility, and greater control. The techniques and exercises of Pilates have been around for over 100 years and in the past 10, more and more studios featuring these exercises have been popping up. Various pieces of equipment are used to stretch, train, and maneuver your body with the instructors lead and produce overall results that are familiar to yoga.

Core Reform Pilates is located in Newport Beach near the corners of 17th Street and Irvine Boulevard. Classes are taught by three fitness professionals and classes are offered on an individual basis or group classes. State of the art Stott Pilates machines are used here and the studio has been open less than a year in this location. Classes are run 7 days a week and classes generally will run close to an hour in length. You are able to purchase classes on an individual basis or in group packages so if you're new to Pilates and just want to give it a shot, you're able to here. That's an important factor along with the staff when choosing a Pilates studio, as sometimes the exercises might be too much or the studio not right. By offering a low cost introduction, Core Reform can introduce the practice of Pilates to you and get you going in the right path. For those truly into Pilates, monthly packages are available, and for under \$300 you can attend daily classes to get your body leaner and more flexible.

Core Reform Pilates is an extremely clean place and is located in a strip mall center with plenty of available parking. The instructors are available to answer any questions you might have and checking with your physician is always advisable before starting any exercise program, especially if pregnant. If pregnant, specialized instruction is available for those in need.

If in Newport Beach and if you are looking for a Pilates studio that will cater to your exercise needs, be sure to stop by Core Reform Pilates. You will become stretched, leaner, and your body will thank you for it.