

DIFFERENT CLASS

This month, **Sarah Ivory** finds muscles she didn't know existed at a **cardiolates** class



the blurb

Cardiolates classes are split into two parts. In the first half you'll find yourself hopping onto a spinning bike to give your lower body a blast and rev up your heart rate. To do this, you'll embark upon some interval-style training, which sees you sporadically peddling like mad. The second half of the class is the revolutionary part, as it is reformer based. What's a reformer? It's a piece of Pilates equipment that, with its system of springs, straps and pulleys, looks like a rowing machine gone wrong. Helping you to achieve different Pilates poses, the reformer allows you to focus on your core, upper body muscles, flexibility, posture and strength.

Together, the two parts make a great, balanced workout.



the verdict

"I can't get to grips with Pilates. I admit it. Pilates and yoga go hand in hand to me: too much stretching, not enough sweating. Sure, über-toned Madonna loves them and Geri Halliwell claims to have transformed her body with a few asanas, but there isn't enough lactic acid to keep me interested. Still, that's not to say that I wouldn't benefit from doing Pilates and, with its additional spinning workout, cardiolates was the perfect way to get me going.

"Starting with some gentle cycling, I felt convinced that the spinning part of the class was not going to meet my need for speed. But, I was wrong. We were soon being instructed to up the power, and my little legs began to feel a very satisfying burn. We peddled hard for half a song, stood up and peddled for another song, and followed many more musically timed cycling exercises, until it was time to hit the reformer.

"At first, I didn't want to leave the bike. I was in my element – dripping with sweat and gasping for air – but, not to be beaten by a strange-looking bench, I grabbed the

reformer pulleys and performed some poses. Don't be fooled into thinking that this part of the class is the gentle cool-down – it's not. The reformer will have you stretching your body in ways that you didn't know were possible, and finding out that muscles you didn't know you had are tight! From lying down and slipping pulleys over your feet for a good leg stretch, to kneeling on the moving pad and testing your core, this is a truly tough workout and, actually, rather fun. For cardio-junkies the world over, this class is the perfect cross training session."

give it a go

Sarah's cardiolates class took place in the TenPilates studio in Notting Hill. However,^o there are several other locations available. For more information visit tenpilates.com

AT A GLANCE

Length: 1 hour
Price: £12.50
Our rating: 5/5