

INSIDE PARK CITIES



Aron, Rainey Foglel

Serving up great steaks is happiness for couple at Texas Land & Cattle Company.

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Shaping up

Pilates exercise system offers balanced strength and flexibility, while building control and grace.

VENUE



PHOTO: Natalie Caudill

Colleen Glenn works on the rack, one of several pieces of equipment used in Pilates exercises.

Be hip and shape up

By Kendall Morgan

Staff Writer of The Dallas Morning News

Cindy Crawford does it. So do Olympic athletes. Not to mention actresses Glenn Close and Sigourney Weaver.

It's Pilates (pronounced Puh-LAH-tees), an exercise method that's being reviewed in, it seems, at least one fashion magazine a month. Designed in the early 1900s by German athlete Joseph Pilates, the system uses a rack, chains and pulleys to work the body with tension.

Pilates may seem like a hip way to stay in shape, but trainer Colleen Glenn, who owns the Glenn Studio in Highland Park Village, says she fell in love with the system years ago.

"I was a dancer and apprentice with the Ohio Ballet. Then I worked in Houston with the Houston Ballet and I used Pilates to keep me strong. It balances strength and flexibility and at the same time builds control and grace."

Ms. Glenn moved to Dallas about five years ago to bring the Pilates method to a gym in Richardson. When the company went bankrupt, she worked with a partner

for two years until moving to the Spa at the Crescent. Finally, an ideal space opened in the Larry North gym.

"He had heard of me and I was looking for a space," she says. "I believe in the synergy of it. I had a dream — I had to have hardwood floors and brick walls and I walked in and this was it. Also, I like having Pilates in health clubs because I want it to be more mainstream."

Many area residents have learned the method under Ms. Glenn's tutelage and new clients can sign up with certified instructors for \$22.50 for a trio session up to \$50 for a private one-hour session. More experienced Pilates fans may use the three "universal reformer" beds, wall units, ladder barrel or more advanced "Cadillac" trapeze table for \$15 an hour.

Ms. Glenn says one of the best parts about Pilates is the progression her clients make. "You see them change their life. It's the closest thing to getting a dancer's body. It's not an exercise, it's a methodology. It's almost meditative. We've gone past the aerobic craze, and this is a method that's come to its time."