

Beauty Review

Erika Bloom Pilates Plus

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Okay, so the last time you actually worked out was when you ran to catch the 6 train last week. And based on all that huffing and puffing from your two minute sprint, we're guessing you need some exercise in your life. Good thing Erika Bloom is here to welcome you with well-toned arms. Bloom's new well-lit, clean, private studio consists of a room for mat Pilates and yoga classes as well as a separate room with Pilates apparatus equipment. It may look like a torture chamber but don't worry; the relationship between you and your practitioner begins with a personal evaluation to assess posture, muscular imbalances, and movement patterns, and each session is then personally tailored to meet your individual needs. Bloom's hand-on approach will have you looking buff in not time—watch out Madonna!

Insider Tip: This studio also offers in-home services like massages, private sessions, and body work therapy.



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Reader Comments



Erika Bloom Pilates

Wonderful people in a beautiful space. Everyone is focused and professional in a tranquil atmosphere. I look forward to all my workouts. Erika has such an eagle eye, she has me working all the right muscles for the best alignment.

Posted by: **Amy Chen**

On: 2/28/2007 12:20:34 PM