

get back TO CLASS

affordable apparatus, add-ons and props that are perfect for group instruction **BY AMANDA ALTMAN**

No matter how tough things get, the last thing we should ever sacrifice is our Pilates practice. While there's no substitute for good one-on-one instruction, the next best thing is a group class. Increasing numbers of studios are offering Tower-, apparatus- and prop-based classes that will give you the resistance-based workout that you're looking for—at a much lower price. Instructors, keep your students coming by enhancing your classes with these great finds.

1. Peak Pilates' version of Joe's Magic Circle, the 14-inch **Power Circle®** is made with an antirust, spring-steel resistance material and contains contoured latex-free gripping pads. Choice of three- or four-band varieties (\$29.95–\$34.95; peakpilates.com).



2. Have injured students? Stock up on **OPTP's Pilates & Yoga Wedge**, which helps reduce over-stretching and excessive pressure on the joints. Simply position the slim, softly padded prop beneath your wrist for support or under your heels, knees or sitz bones to help maintain alignment and to work even deeper (\$10.95; optop.com).



3. Spice up your apparatus class with the **Jumpboard** from **STOTT PILATES®**, which provides a lightly cushioned jumping surface for fast-paced exercises. Add on to either the Professional or SPX™ Reformer models (\$280; stottpilates.com).



4. **Gratz's Low Mat** is ideal if you're short on space. Just as firm as the brand's traditional in-studio version, the perfectly portable, foldable pad comes with an attached foot strap, removable wooden handles (not shown), a pair of matching foot boxes and side canvas strap handles (\$375; pilates-gratz.com).



5. The brand-new **split-pedal EXO® Chair** from **Balanced Body** allows for even more total-body exercises. The lightweight, stackable chair features springs that can easily adjust to create eight different settings. Includes a workout DVD (\$895; pilates.com). ☀