

THE BEST MOVES FOR RUNNERS PLUS: WHY SCIENCE SAYS THEY NEED PILATES

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## THE ULTIMATE PILATES SUCCESS

### STORY:

FROM RIDING WAVES IN FIJI TO  
TREKKING TO THE SOUTH POLE, A  
SPINAL CORD INJURY HAS NOTHING  
ON GRANT KORGAN AND HIS PILATES  
TEACHER WIFE, SHAWNA

### WHY

CONTEMPORARY  
TEACHERS ARE GOING  
CLASSICAL—  
AND VICE VERSA

WAYS TO BE  
HAPPIER,  
HEALTHIER  
AT WORK

'CAUSE THE  
CUBICLE  
STRUGGLE  
IS REAL!

BOOST  
BONE  
DENSITY  
BUST  
STRESS

BURN  
CALORIES  
THE DO-ANYWHERE WORKOUT  
THAT DOES IT ALL

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