

H E A T W A V E

Pilates is sizzling hot at the moment—literally. Not only is it among the fastest-growing fitness movements in the world, but at least one studio owner is personally turning up the heat. Inspired by Bikram, Scott Cantor, the lithe owner of Pilates Central in Nyack, NY, is in the process of patenting Red Hot Pilates, an hour-long class of classical Pilates exercises with no resting in a studio heated to 80 degrees. Beginners beware! Red Hot is intended for seasoned practitioners who can take the heat. Cantor leads students through a rigorous class incorporating advanced mat work, toning balls and foam rolls, and the result is one serious core-strengthening workout. Cantor won't reveal all his trade secrets, but he guarantees he's on the verge of setting off a heat wave. For more information on Red Hot Pilates, visit www.pilatescentralnyack.com or call (845) 358-1166.

—Alexandra Tallo