



The workout guru

A former dancer and choreographer, Mari Winsor, 51, owns Winsor Fitness in Los Angeles and trains clients like Marisa Tomei and Jamie Lee Curtis in Pilates.

FRIDAY 3:00 P.M.

"Trained Courtney Thorne-Smith in my studio. I love to hear my strong women clients talk about how the workout helps them get everything done. It gives me energy to show them they have the power to change their bodies. Sometimes, they're even surprised at what they've accomplished."

FRIDAY 1:30 P.M.

"Samuel L. Jackson in my studio. As owner of the studio, I want to train just four clients a day, but working is in my blood. I don't get the afternoon droop most people suffer from, but I'm still trying to cut back."

FRIDAY 5:30 P.M.

"Ballet class. This helps calm me inside. I was a dancer for 20 years, so I enjoy stretching. When I get home, I rely on my fiancé for support. It makes a difference in helping me get ready to do it all again the next day."

FRIDAY 6:15 A.M.

"I trained Sherry Lansing, chairman of Paramount Pictures' Motion Picture Group, in her home. Then I had seven more appointments, which is stressful. I stick to the Zone Diet, and every two months I rejuvenate at a spa. If someone cancels, I nap for half an hour. Luckily, I fall asleep easily."

