

AT HOME WITH CAMRYN MANHEIM IN NEW YORK

InStyle

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The Practice's Manheim

beauty black book

house of winsor

What do **Melanie Griffith**, **Sarah Jessica Parker**, **Courtney Thorne-Smith** and **Jennifer Grey** have in common? They stretch with a seasoned pro in the workout business, Mari Winsor, owner of L.A.'s Winsor West fitness studio. Winsor gets the body-conscious in shape using



Pilates, an exercise form (developed by Joseph Pilates in the 1920s) she describes as "a cross between Nautilus and yogalike stretches on equipment." Over time, the stretching and resistance training elongate muscles, increase flexibility, encourage proper body alignment, and can rehabilitate injuries. "It's not a weight-loss program, but you lose

inches because the body redistributes itself," Winsor explains. A former dancer, Winsor started practicing Pilates 13 years ago and opened a studio in 1990. She recently expanded with Winsor West—a venue proposed (and christened) by longtime client **Jamie Lee Curtis**—to accommodate customers on the west side of town. And it's working. The relaxed, inviting atmosphere attracts crowds—but there are no separate VIP rooms, so don't be surprised to see **Dustin**



Mari Winsor working with actress Lori Loughlin

Hoffman on the machine next to yours, or **Robin Tunney** preparing for a film role. (Workouts with Winsor are \$75 a session; other trainers, \$65. \$300 for a five-class package; \$550 for 10.) Winsor West Fitness, 12231 Wilshire Blvd., L.A.; 310-442-1030 —Lisa Simpson



Courtney Thorne-Smith



Dustin Hoffman



Jamie Lee Curtis

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