

SUPER BOWL BONUS: VISITORS' GUIDE TO L.A.

Los Angeles

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Workouts of the Stars

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PILATES

Mari Winsor
(with Davis Gaines)

The Pilates Reformer, a wooden box that holds a system of springs and pulleys and a sliding bed, looks like something out of a medieval torture chamber. In fact, it's the toniest shape-up movement in town. At her eponymous studio, Winsor has given the stretch- and

strength-training routine—invented in the '30s by athlete Joseph Pilates and often used by injured dancers—mass appeal. She has added considerable variation to the original push-and-pull motions. “We sweat here,” she says. “We do 15 minutes—versus the typical five—of killer abdominals, so besides feeling stretched and taller, one of the first differences clients see is a flat stomach.” Many use her

system as an adjunct to aerobics, because it works the smaller muscles. Besides current *Phantom* Gaines (“It involves concentrated breathing and gives me added energy for my singing and acting,” he says), Winsor’s client list includes Patrick Swayze, Lee Grant and Vanessa Williams. *Winsor Fitness*, 945 N. La Cienega Blvd., 310-289-8766. *Members-nonmembers, \$450 for 10 private sessions.*

WATER POWER

Lynda Huey
(with Danny Everett)

A former runner and track coach, Huey took to the water in 1975 as rehab for a broken foot and, in the process, revamped her whole concept of exercising. The result was her Waterpower, Deep Waterpower and Water Healing Workouts, which use water’s buoyancy to protect