

## in the gym with jasmine guy

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If you're ever in an aerobics class with Jasmine Guy, you'll know it, even if you don't recognize her from TV films like "Queen," or as Whitley Gilbert on "A Different World." "I sing along with the music," says the actress/dancer/singer, who just starred in the touring version of the musical "Chicago." "And I sing loudly. It keeps me from huffing and puffing on stage." To stay supple, she does Pilates, which she started as a dancer in New York. Today, she works with Mari Winsor in Los Angeles, where she lives with husband Terrence Duckette and 1-year-old daughter Imani.

**Shape:** What has Pilates done for your body?

**Jasmine Guy:** It literally changed the shape of my thighs, and gave me more extension and flexibility. It also strengthens your center. A dancer has to have strong abs and back.

**Shape:** Have you lifted weights? **Guy:** I did, for two or three years, a long time ago. I recommend it for definition. **Shape:** How did you stay in shape during and after pregnancy?

**Guy:** I worked out with Mari until my eighth month, then I couldn't do anything — I couldn't even touch my toes. I started working out again when the baby was 2 months old, doing half a low-impact aerobics class with Rose Dove in Studio City, Calif., to build stamina. **Shape:** Is there an area of your body you hate working on?

**Guy:** My butt. The burn's too painful.

**Shape:** Any part you're particularly proud of?

**Guy:** Everybody compliments me on my back, and I never see it! My "Chicago" costume was a slip dress in which the top of my back showed, and my back got reviewed. They said I looked as good from behind as I did from the front.

— Michele Kort

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PHOTOGRAPHY: NICK FARRELL. Hair: Syd Curry/Profile. Makeup: Patrick De Fontbouze/Profile. Styling: Kathryn McRiche. Camisole and pants by Michael Stars. See Buyer's Guide for retail information.