

GOOD POINTE

A new class fuses ballet, Pilates, and yoga into one perfect form. By Stephanie Scott

Time was, fitness fanatics scampered from yoga to weights to cardio, exhausting themselves just getting to their workouts, never mind actually doing them. That was before ballerina and Pilates coach Molly Weeks developed BalleCore, a core condition-



ing workout that fuses ballet, yoga, and Pilates into one 50-minute class.

"Combining disciplines that have a mind/body connection and focusing not just on outward appearance but also on inner strength is the way to go," says Weeks, who has trained 10 instructors in BalleCore and developed a prenatal program—and is working on a home video.

BalleCore mixes time-tested Eastern disciplines with Western physical training—a one-two punch that doesn't rely on what's-hot-now plays. There's funky, custom-blend music; a panoply of props (including a portable ballet barre) helps boost flexibility without the intimidation often associated with power yoga or professional ballet.

"It's brilliant," says restaurateur Michela Larson (blu, Rialto) who practices at the Sports Club/LA, the first downtown health club to offer BalleCore. "I love the fact that I can feel like a ballet dancer again."

▷ For class locations, information, and schedules, visit www.ballecore.com.