

Harper's BAZAAR AUSTRALIA

DANCE. Pilates is facing some imaginative competition in the US. Breathing (deeply) down its neck is YogiLates and now, BalleCore, a new regime that integrates principles from ballet as well as

Pilates and yoga. Designed by a Boston Ballet teacher, it

apparently ensures great, tight buttocks, while strengthening the "core" muscles of the abdomen and straightening posture.

A home video is to be launched soon. For more, see www.ballecore.com

