

» Magazine

Way Beyond Pilates

Bored with your Pilates workout? Looking to challenge your yoga technique? Try the Gyrotonic Expansion System, nicknamed GXS, for an intense diversion.

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Be forewarned - the GXS machines look like large instruments of torture. Crafted from wood and steel, they have a series of leather straps and pulleys. The exercise studios are clean but unglamorous. Yet the workout is amazing.

"The rotational movements are great for older women, golfers and baseball players," says instructor Angela Sundberg of Bodyscapes in Scottsdale, Arizona. "Athletes like it because it's like lubricating their joints."

Through word of mouth, Gyrotonics has generated a presence in major cities throughout the world: London, Paris, Berlin, Tokyo, San Francisco, Seattle, Los Angeles, New York and more. "Gyrotonics appeals to those looking for a more intelligent body-training method," says master teacher Juergen Bamberger of YogaMoves GXS, New York's foremost Gyrotonics center. Utilizing principles from kundalini yoga, dance and the martial arts, Gyrotonics helps improve balance, flexibility and strength.

Small wonder then that celebrities who have worked with the system include Patrick Swayze, Susan Jaffe of the American Ballet Theatre, Bernadette Peters, Randy Johnson and golfer Andrew Magee.

The secret to GXS' success is its emphasis on making circular movements, instead of stagnating with linear back-and-forth motions. Explains Juliu Horvath, a former dancer and the founder of this method, "This is turning about, as in a whirlpool or a tornado that takes things and turns them from the center." The progressions begin with a move called the "arch and curl." It's the essence of the workout, drawing a perfect circle with your whole body, using twisting, repetitive movements. Altogether, the exercises work the abs, buttocks and legs to help maintain your well-toned physique.

- Theresa Loong



Wax on, wax off for the perfect workout.



Exquisite instruments of torture: the Pulley Tower Combination Unit.

"Through word of mouth, Gyrotonics has generated a presence in major cities throughout the world...."

Worldwide Locations

New York

▶ YogaMoves GXS
1026 Sixth Avenue, 5th Floor
NY, NY 10018
(212) 278-8330

GXS Headquarters
548 West 28th St, 4th Floor
New York, NY 10001
(212) 594-5025

Los Angeles

Long Beach Dance Conditioning
1116 East Wardlow Road
Long Beach, CA 90807
(562) 427-2203

London

▶ Natureworks
16 Balderton Street
London, England W1Y-1TF
(011-44-207) 355-4036

Arizona

Bodyscapes
7835 East Gelding Drive
Scottsdale, AZ 85260
(480) 991-8811
info@bodyscapesstudio.com

Paris

White Cloud Paris at Studio Harmonic
5, Passage des Taillandiers
75011 Paris, France
(011.33.1) 47.00.02.13

San Francisco

White Cloud West
50 Oak Street
San Francisco, CA 94102
(415) 863-3719

Germany

GXS headquarters, Europe
Rheintalklinik
Thuracherstrasse 10
Bad Krozingen, Germany D-79189
(011-49-76) 33-150166

Seattle

White Cloud Studio Seattle
7409 Greenwood Avenue North
2nd Floor
Seattle, WA 98103
(206) 784-7895

Tokyo

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