



Pilates Style

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Pilates Style Gift Guide

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Carrie Bradshaw famously said that shopping is how she gets her cardio fix on *Sex and the City*. We don't know about you, but we've found much better, more effective ways to get our heart rates pumping—hello, Pilates! So we're going to skip the mall madness and door-busting insanity in favor of some nice, calm cyber shopping in the privacy of our cozy living rooms. And thanks to this jam-packed guide, filled with 60 products for everyone on your list, your spree will be done in no time at all, leaving you time to squeeze in an extra workout before mom's pumpkin pie comes knockin' at your door. **Happy holidays!**

