



SELF APPROVED

CORE WORKOUTS

→ Yes, all pilates and yoga sessions will strengthen your middle. But these classes take it to a new level with their addictive blend of ab-zinging moves, magnetic instructors and never-want-to-leave studios.

Firebrand Sports

PORTLAND, OREGON

In Pyrolates, students use their abs to maintain tension in their megaformer's springs and straps as they quickly transition between moves (plank to pike, lunge to biceps curl). *Reporting by Juno DeMelo*

Healthworks

CAMBRIDGE, MASSACHUSETTS

The popular 90-minute Slow Flow Vinyasa class at this women-only studio kicks off with moving planks that gently wake up your abs—but expect them to be on fire soon. Mercifully, beloved instructor Bo Forbes ends class with self-massage recovery exercises, using props like tennis balls. *Reporting by Saru Gaynes Levy*

Hilliard Studio Method

CHARLOTTE, NORTH CAROLINA

When you think you can't hold a plank for one more second, your instructor at the always-full Beyond Barre class urges you to hold it longer...and longer. Now imagine that for every move in the class. But the flat-belly payoff speaks for itself. *Reporting by Blake Miller*

Lithe Method

PHILADELPHIA

The 60-minute Waspie class includes mostly standing core moves (think waist-carving rotations, hip swirls and swivel kicks) that isolate abs. But that's only half the story: You do exercises while holding on to a band that's attached to the ceiling—all the better to increase the resistance. *Reporting by Ashley Primis*

Pure Yoga

NEW YORK CITY

The vibe is blissfully Zen here, but the tummy-toning Pure Cross-Training class veers intensely athletic with its plyometric and cardio drills. Prepare for ab-quivering medicine ball moves and a partner-based core series. *Reporting by Anna Maltby*

SLT

NEW YORK CITY

The studio's name stands for "strengthen, lengthen and tone," and that's exactly what happens in 50- or 65-minute megaformer classes. Nine locations serve up bikini abs to the legions of fans who know the hard work is worth the effort. *Reporting by Meg Lappe*

Hot Pilates

WEST HOLLYWOOD, CALIFORNIA

The must-try core classes in this new studio, kept at 95 degrees and scented by citrusy Malin+Goetz candles, are Pilates Barre (pictured at left) and Yoga-lates. Each maxes out at 25 students, allowing instructors to tailor every workout. The studio sells juices and coconut and aloe vera waters, and classes include yoga mats and free parking—a major score in L.A. *Reporting by Kelly Mickle*

CorePower Yoga

DENVER

A mecca for athletic yogis, the popular studio is now in 12 states. Each session has a core focus—including a killer abs series. The intro deal (a week of free unlimited classes) is a steal. *Reporting by Liz Plosser*

Steadfast and True

NASHVILLE

Students get some serious abs action in the Mix Up class, thanks to core-recruiting arm balances and inversions. Fittingly for Nashville, many instructors are singers, so you may get a live performance in class. *Reporting by Courtney Rubin*

Yoga Shelter

LOS ANGELES

Rob Woollard's popular Fusion class includes core-tastic flow moves, like a single-leg push-up into Downward Dog. Class is set to rap, folk or rock tunes, depending on the day. *Reporting by Janet Lee*

For more great spots to get sweaty in style, visit Self.com/go/corestudios.

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