



Pilates is a type of mind-body exercise developed by German physical trainer Joseph Pilates, after whom it was named. This form of low-impact workout has become increasingly popular over the last month among fitness beginners and gurus alike. And for residential apartment projects, which already include an onsite gym, it's now essential to make space for a pilates studio alongside it as well.

Buildings like The Cortland, Waterline Square, Selene, and more offer everything from basic mat classes in tranquil spaces to advanced reformer sessions in polished pilates studios.

## 200 East 83rd



At 200 East 83rd, the new Upper East Side residential tower by Robert A.M. Stern Architects with interiors by Lauren Rottet, the majority of spaces that make up its suite of club-like amenities are uniquely situated in the middle of the 35-story limestone-clad tower, allowing residents to soak up the natural light and picturesque views. Overlooking the 17th-floor double-height pool room and Winter Garden, the light-filled state-of-the-art pilates and yoga studio features custom white oak millwork panels lining the walls and dramatic arched windows. This serene space is an ideal setting for residents to engage in a mat pilates workout to energize the body and relax the mind.