



BEST OF 2007

TREASURES OF MIAMI AND THE BEACHES

BEST NEW PILATES STUDIO

PILATES ROOM

Tighten up your core this summer at the brand-new Pilates Room in North Miami Beach. Take advantage of the studio's new equipment, not to mention its friendly, helpful and attentive staff, and great prices. Classes are offered all day on weekdays and before noon on weekends. Choose from paying for one class, or sign up for a package of eight, 16 or unlimited classes. Mats and equipment are provided as needed. And the studio is located just three miles from the beach. Location: 2175 NE 163rd St., North Miami Beach. Phone: 305-944-0070. Web site: www.pilatesroom.org.

The
SunPost
The story matters.