



Issue Date: D Beauty Fall 2008, Posted On: 9/3/2008

## Good Stretch



Pulleys and weights and straps, oh my! The big contraption behind Gyrotonic training may look scary, but after an hour-long private session with certified Gyrotonic instructor Patti Granoff, your muscles are likely to beg for more. Just in from NYC, where she has been teaching for the past four years, Granoff puts clients through a series of moves that simultaneously strengthen and stretch the body. 5019 N. Central Expwy. 917-414-8570.



Don't fear the Gyrotonic machine.  
Your muscles will thank you for it.  
*photography courtesy of retailer*