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The New Deal

Alternating your fitness routine with something a bit different can work wonders. Give it a try. by Ingrid Skjong

Healing Heels

What we do for our Jimmy Choos! But endless hours on towering stilettos can knock a girl’s alignment all out of whack. Thankfully, movement studio **Backbone and Wingspan**’s six instructors—Tim Driscoll, Cathy Ferrara, Gabriel Bobek, Karen Donelson, Luciana Achugar and Nancy Golike—have combined their respective talents for the **High Heel Workout, a private, one-on-one Pilates program designed to restore your posture. The stretches, done with the Cadillac and a fitness ball, are equal parts full-body massage and toning session.** After just one hour you’ll feel taller, looser and better prepared to rock this season’s platform Louboutins. Not ready to commit? Check the studio’s website for upcoming free two-hour clinics to sample the service (one is planned for September 14). *115 W. 30th St., Suite 1209, 212-647-8878; backboneandwingspan.com*