

# pilatesstyle™

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## One-Stop Fitness shop

To keep in top form, architect Theo Adamstein works with personal trainer and has done yoga, Pilates and cardio training. On occasion, he'll follow workouts with a massage. But three years ago, when he became frustrated that he had to go to different facilities for each activity, he came up with the perfect solution: build his own.



"I thought, what if we took the very best of the fitness world and the spa world and combined it into a really beautifully designed facility," says Adamstein, who runs an architectural firm with his wife.

So in September 2004, he and fitness director Luci Gabel opened SomaFit, a hybrid fitness center and day spa in the Upper Georgetown area of Washington, DC. The award-winning, 8,500-square-foot facility includes a high-end gym, two studios, a spa, quiet lounges, saunas, show-

and a retail area. Instead of membership fees, guests pay per class (including Pilates on the mat or Reformer, yoga, stretch and cardio) or service (such as facials, nutrition consultations and personal training sessions). SomaFit has proven to be a hit with locals as well as out-of-town guests. "We're growing like crazy," says Adamstein. For more information, visit [soma-fit.com](http://soma-fit.com). — *Jenny Sherman*