



REFORMING ASPEN

Spring brings new vigor to high-country Pilates.

BY TESS WEAVER STROKES

With two new Pilates studios opening in Aspen in the past six months, and one slated to open in May, supply can meet demand for Aspenites looking to complement their mountain activities with classes that improve alignment, muscle engagement and core strength.

Aspen native Madeleine Hasulak opened Tonic Method (tonicmethod.com) in December 2018 with seven High Intensity Pilates Reformers in a bright space on Durant Avenue with views of Aspen Mountain. “The mission is to add longevity into your life with a workout that helps you now, and years from now,” says Hasulak, a certified Pilates instructor. Tonic Method combines the benefits of HIIT with the low-impact advantages of Pilates into a 45-minute class incorporating the “Five Pillars of Longevity.”

One of Aspen’s most sought-after physical therapists, Amber Davenport, is also a Balanced Body-trained Pilates instructor. She brings her expertise in sports medicine, orthopedics and sports performance to

Capital Wellness (capitalwellness-aspen.com), her new private studio on Monarch Street. “A physical therapist can provide the individualized attention certain clients need to stay safe and pain-free while doing Pilates,” says Davenport. “I aim to optimize muscle balance for injury reduction, improved posture, strength and function.”

Pilates instructor Jennifer Metcalf of Flex Pilates Aspen introduced the Lagree method to Aspen when she opened Ritual Fitness Aspen (ritualfitness-aspen.com) on East Hyman in February. The 45-minute Megaformer workouts designed by Sebastien Lagree feature controlled, laser-focused movements targeting slow-twitch or endurance muscle fibers to build a strong core and a lean physique.

“It’s a perfect fit for the outdoors-oriented Aspen crowd—high-intensity, low-impact, super-challenging and efficient,” says Metcalf. Ritual’s robust class schedule includes Ritual HIIT, InfraRED Hot Pilates and Cardio Sculpt. 🌸

PASSAGE TO PARADISE

The shortest distance between two fabled mountain towns, Aspen and Crested Butte, can be achieved by way of a stunning nature hike.

The Elk Mountains send drivers between two of Colorado’s most charming mountain towns on a 100-mile route. In the summer, when the snow melts, the distance between Aspen and Crested Butte shortens to a mere 11 miles for those willing to hike West Maroon Pass.

The Alps-esque idea of walking from town to town (well, almost—a shuttle picks you up at the end of the hike and drives you 14 miles to Crested Butte), spending the night and either shuttling or hiking back the following day has become so popular, it’s practically a rite of passage for any Aspen summer regular.

For good reason: The day hike from Maroon Lake near Aspen through the Maroon Bells-Snowmass Wilderness Area to Schofield Park—an area often filled with thigh-high wildflowers—is so stunningly beautiful, you’ll forget about the mileage and elevation. Crested Butte’s new luxe accommodations, hip restaurants and watering holes offer even more motivation.

A pre-booked shuttle (Maroon Bell, Alpine Express or Dolly’s Mountain Shuttles) will meet you in Crested Butte, at the end of your hike.

Shuttle back to the same trailhead the following day for the return hike to Aspen—or helicopter with Aspen Heli Charter. Eleven Experience offers world-class lodging options right off Main Street in Crested Butte, including Public House Lofts (\$300/night and up) and Sopris House (starting at \$525/night). Re-fuel with Colorado’s finest gourmet pizza at the Secret Stash. —T.S. 🌸



Take the scenic hike from Maroon Lake.