

# Time Out

## New York

The obsessive guide to impulsive entertainment  
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### SKY HIGH

Things are looking  
up for *Happy Endings*'  
Bobby Cannavale,  
pictured at Ava Lounge

\$2.99US \$3.99CAN



# Well & good

Chill Out | Well & Good

## Critics' pick



**Major triad** Pilates master instructors Michael Fritzke and Ton Voogt, who travel the world lecturing and teaching, developed the nine-inch-diameter customizable Triadball to stand in for standard Pilates equipment, such as the barrel and magic circle, which were usually unavailable at the gyms in which they taught. After almost three years of perfecting their device, the duo is bringing it to Uptown Pilates on Tuesday 19. The class, **Pilates Workout with the Triadball**, is a ten-session series (\$300) designed to improve muscle tone, build core strength and increase flexibility—all on the mat. *Uptown Pilates, 136 W 72nd St between Columbus and Amsterdam Aves (212-501-0019).*