



PILATES

WORKOUT WITHOUT THE HURT

With an individualized program to transform your movement, and transform your life.

WHAT IS PILATES?

A physical and mental workout that focuses on precise body alignment, controlled movement, breath, flowing movement and concentration. Founded by Joseph Pilates, he defined it to thoroughly unite the body, mind, and spirit to bring you more in tune with your body.

WHO CAN BENEFIT FROM PILATES?

Anyone! If you've been looking for a new way to keep moving and challenge your muscles while being gentle on your joints, Pilates is for you. Our top notch highly trained instructors are also seasoned Physical Therapy practitioners. They're here to help guide you through your wellness journey with safe and effective workouts designed to keep you moving forward.

WHY PRACTICE PILATES?

We'll let our clients and practitioners tell you:

"I now feel stronger, move better, have more energy, have more confidence and feel like me again!" – **JH**

"The instructors have taught me how to work out correctly. It's helpful to know that I am doing the moves safely and without pain." – **MS**

"In 10 sessions you'll feel the difference. In 20 sessions you'll see the difference. And in 30 sessions you'll have a whole new body" – **Joseph Pilates**

PRICING

- ◆ **Private Session**
\$85 single session
\$249 pack of 3
\$480 pack of 6
- ◆ **Duet Sessions**
Priced per person
\$45 single session
\$125 pack of 3
\$240 pack of 6

Restore Your Mojo!

[Learn more about our other services](#) ▼

