



Top 5 Reasons To Learn Pilates at Our Studio

1. Highest Quality Pilates Instruction Available

Our instructors are educated through comprehensive instructor training programs of 400+ hours and take ongoing classes and continuing education workshops from some of the best master instructors in the country. They are experts in observing and teaching proper movement and anatomy, capable of detecting movement and muscle subtleties that are missed by average fitness professionals.

2. Personalized, Well-Rounded Learning Experience

Private Sessions and Semi-Private Classes offer close, personal attention for all clients. The instructors customize cues and corrections for each student using verbal, visual and tactile teaching methods. Students have access to all pieces of pilates equipment in both private sessions and classes (Reformers, Towers and Chairs).

3. Exceptionally Welcoming and Professional Environment

Every staff member is extremely courteous, professional and able to help clients with their questions and requests. All of the students at our studio are welcoming, friendly and supportive of one another. And our beautiful studio is a comfortable place to relax and exercise using state-of-the art professional pilates equipment from Peak Pilates and Balanced Body.

4. Real Benefits for a Healthy Body Inside and Out

Students experience superior benefits from their sessions with us compared to alternate fitness programs because the quality and depth of our instruction changes how students use their bodies. By learning proper muscle use and movement, students become stronger, more toned, flexible and balanced in their bodies. They have less aches and pains, take better care of their bodies and perform better in all of their other physical activities.

5. We Teach Real People of All Ages and Abilities

New students come to us from age 13 to 73 with no pilates experience and often feeling out-of-shape or dealing with injuries or chronic pain. We start slow teaching every new client the basics, working one-on-one at the beginning and modifying exercises as needed to accommodate each unique person. Everyone is welcome!