



Private Pilates

What is Pilates?

Pilates is a method of body conditioning created by Joseph H Pilates in the early 20th century. Building upon deep abdominal and back strength, Pilates safely and effectively delivers optimal strength, flexibility, endurance and posture without adding bulk or stress to your joints. Emphasis is placed on breath, alignment, control, and form. Quality NOT quantity is the key.

Services

Private Sessions are the best way to integrate the Pilates methods into the body. In this personal, one-on-one setting, an instructor creates an individualized workout for your body's needs.

Partner Sessions are for 2 people. In this partner session, an instructor creates a personalized workout for the two of you and gives attention to both participants. *Partner packages may not be shared.

Semi Private Sessions are for 3+ people. *Semi private packages may not be shared.

Members

1 Hour Private

Single Session - \$70

6-pack - \$360

12 pack - \$660

1/2 Hour Private

Single Session - \$40

6-pack - \$210

12-pack - \$360

1 Hour Partner (2 people)

Single Session per person - \$40

6-pack per person - \$210*

12-pack per person - \$360*

1 Hour Semi Private (3+)

Single Session per person - \$30

6-pack per person - \$150*

12-pack per person - \$275*

Non-Members

1 Hour Private

Single Session - \$84

1/2 Hour Private

Single Session - \$52

1 Hour Partner (2 people)

Single Session per person - \$52

1 Hour Semi Private (3+)

Single Session per person - \$35

2018 Pilates Instructor

Justin Hughes, LMP Reformer Pilates

Justin comes to us with over 11 years of Reformer Pilates experience and more than 20 years' experience as a licensed massage therapist. He completed his Pilates training through Pilates Coach in 2004 and went on to pursue continued education in 2005's Balanced Body's Pilates education expo. In 2006 Justin was certified as a Pilates Tower trainer, under educator Leslie Bender (the bender ball) owner/education of "Pilates Coach". He has spent his career working in various Martial Arts, Pilates and Massage Healing Centers. His primary approach to each individual is based around their needs and centered body alignment. His goal is to enhance your body's physique and to provide you with an intelligent choice in exercise that will invigorate your body and mind.