
THE PILATES ROOM

a neighborhood studio

Trio Openings!

Mondays- 8:00

Tuesdays- 11:00*, 5:30 PM

Thursdays- 8:30, 9:30, 11:30,
4:30*, 5:30* (new evening
classes!)

Friday- 9:00, 11:00*

The classes with * are suitable for someone returning to Pilates, or just starting out. All other classes require varying degrees of experience. Contact Carrie for more information

Question of the Month

'Do you teach Reformer Pilates?'

No, we don't. 'Reformer Pilates' is a trend in group fitness, but there is so much more to Pilates than just the reformer. We teach Pilates as Joseph Pilates intended- as a whole movement system. This means, yes you will work out on the reformer, but you'll also work out on the mat, tower, chairs and barrels. Working out on the reformer alone is a good introduction to Pilates but there's so much more to love!



A note~

During this month of Thanksgiving I really feel it's important to acknowledge how grateful I am for your kindness, support, flexibility and patience this year. 2024 has been one of the most challenging years I have ever experienced. Dealing with the illness and passing of my mother in the first 6 months was enough to handle. Having to place my father in a memory care unit, help him get used to his sudden new reality, learn how to partner with his caregivers and be his new person directly after her passing has been an awful lot. There has been a lot of responsibility and grief to deal with while trying to keep my tiny but mighty studio afloat. It has been the easiest it could be because of you. The way each of you created space, listened, sent cards, saved my plants, shared your own experiences and sent me strength and energy when I was running low was priceless. The community we share has been everything to me. Thank you.

Our Sweet Boy



Toby 7/5/09-9/18/24

Another reason to be grateful is the 15 years I had with this magical boy. He had been our studio ambassador, source of comfort when needed, greeter and time keeper for 13 years, and touched many lives.

He is greatly missed.



For those who reached out to me this year with no response, I sincerely apologize. You had no idea what was happening on my end and I want to be accountable for dropping the ball and missing the opportunity to connect with you. This year was a year when I had to take something off my plate, and building more into my schedule was overwhelming. I'm very sorry and hope that we can meet in the future.

Trios are back!

I'm excited to bring trios back into the studio, starting December 1st!! Our trios are amazing, giving you individual corrections and your needs considered in every class. We level our classes so we can safely challenge you while you learn exercises on the Reformer, Mat, Tower, Wunda Chair, Small Barrels. Classes also incorporate the magic circle and weights. We approach Pilates as a system and teach you how to bring Pilates into your life outside the studio. Best of all, these small groups are fun and energizing while we learn and work hard. (These classes have been called Laugh-alates and Grunt-alates!) It's a fabulous opportunity to work with teachers with decades of experience in a small, individual space. See our available classes in this newsletter and contact us to reserve your place- see you soon! !

