



the pilates room

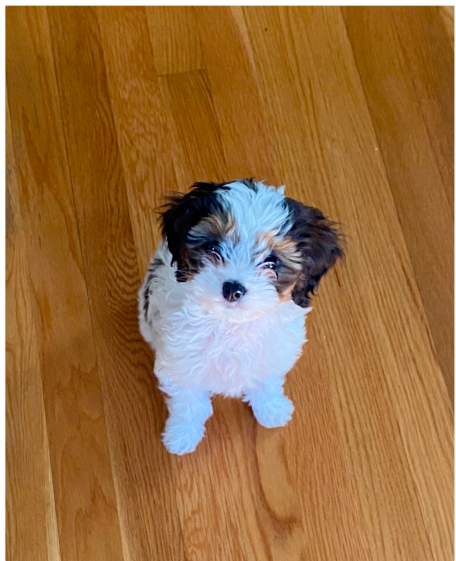
classical pilates just for you

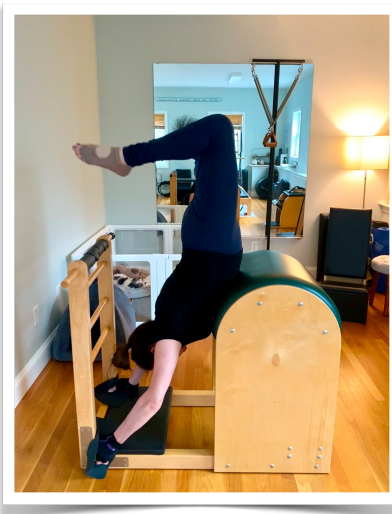
Happy Spring!

This time of the year with the seeds sprouting, birds singing and the air smelling so fresh and clean, always feels like new beginnings to me. We all seem to get a little motivated to start something new, get moving and be outside more. Joe Pilates used to say about his method, "Contrology develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit." I am, after a year and a half of being a caregiver, leaning into fresh starts for myself. Maybe you are too! Spring seems like the perfect time to restore, invigorate and elevate.

Joe Pilates also used to say, 'This is for you,' when choosing exercises for his students. This is how we approach each of you. You will receive individual attention- just for you - and have exercises picked specifically for what you need that day. Same for any modifications or variations that would be good for you in your trios. Pilates wasn't designed to be a large group activity, so we try to keep to the spirit of what Mr Pilates wanted and make it about you.

And in the spirit of new beginnings, I'd like to formally introduce our new ambassador in training - Rumi! He has been learning how to be a studio dog since February and is a quick learner. (And so very charming) Rumi, Laura and I would love to work with you this season. Please see our availability below. Contact us to schedule your lessons or spaces in our trios...they go fast this time of the year!





Open times- let's build a trio or have a private lesson

Tuesdays- 12:00 PM

Wednesdays -10:30 AM

11:30 AM

4:30 PM

Thursdays- 7:30 AM

8:30 AM

12:30 PM

1:30 PM

4:30 PM

Openings in existing Trios

Mondays- 1 Opening 10 AM

(This is a teacher's trio and needs someone comfortable with the whole system and ready for a workshop approach.)

Tuesdays- 1 Opening 8 AM

1 Opening 5:30 PM

Wednesdays - 2 Openings 7:30 AM

1 Opening 9:30 AM

1 Opening 5:30 PM

Thursdays- 1 Opening 11:30 AM

