

Getting started in PILATES?

GREAT WAYS TO GET STARTED Our clients have been so pleased with the results of working on the Pilates Equipment that we designed Pilates Primer Plus™ as a GROUP CLASS that will give your body the “jump-start” that you are looking for on the Equipment! If you prefer a different approach, we have wonderful teachers available for Private Training, or form your own group of up to 8 others (4-5 for Equipment Training) and we will do a class just for you 1x or even 3x a week. Sign up ASAP for one of the SESSION CLASSES below or if you are already familiar with the exercises, purchase a class card and jump into our “on-going” classes. Class Cards can be used at any of our 3 studios and can be used for Pilates as well as Yoga. Please RSVP for on-going classes to guarantee space. Reservations can be made in person or over the phone and up to 3 weeks in advance. Classes do fill, especially the equipment classes. Please do not hesitate to call our studio (Lochmere Pavilion 851-7221 or Stone Creek Village 466-9989) or e-mail info@trianglepilates.com and we will answer all your questions.

Private Sessions – Learn the Classical Pilates exercises and you will start to feel differently! Pilates is a powerful method of body conditioning both mentally and physically. Sessions are designed around your personal schedule. Joseph Pilates said, “My method is unique & revolutionary, it stands out by itself”. Rejuvenate your body; exhilarate your mind with one of our classically trained teachers.

Pilates Primer™ Express – Learn the Classical Pilates Mat exercises and you will start to feel differently! Pilates is a powerful method of body conditioning both mentally and physically. Take this 2-hour educational course and you will have the foundation to be successful in our on-going Mat Classes. This choice is geared toward those with some exposure to Pilates, Yoga or movement-based exercise. Class size limited to 8. Handouts included. Cost \$35

Saturday January 12 10:30-12:30PM –Lochmere Pavilion

Sunday January 20 2:00-4:00PM – Stone Creek Village

Pilates Primer Plus (PP+) – Learn the Integrative Approach to Pilates, the way Joe did it, on all the equipment! You will learn Classical Mat Exercises and the “Fundamental” exercises on the Reformer and Tower or Wall unit in a small group of 4-5 people. Each client will have his or her own equipment, no sharing needed! You will finish with a solid foundation and confidence to enter other classes with the tools for success!

Pick a session. Each session meets 2x per week for 4 weeks, 8 hours of instruction with only 3-4 other people...very personalized! Cost \$199 includes handouts. Now registering for the sessions below.

Tuesday/Thursday 11AM – Stone Creek Village

Tuesday/Thursday 1:45PM –Stone Creek Village

Tuesday/Thursday 7:15PM – Stone Creek Village full

Tuesday/Thursday 8:15AM - Lochmere Pavilion

Tuesday/Thursday 10:30AM - Lochmere Pavilion

Monday/Wednesday 6:15PM - Lochmere Pavilion

If you do not see a time that suits you, please let us know what would. New classes are set up based on your requests. Feel free to gather some friends and we can set up any of these class formats just for you!