

Pilates Pathway

Choose the phrase that best suits you:

"I have a specific injury or concern"

"I am new to Pilates and want to start classes"

"I'm experienced and want to start Pilates classes"

"I want Private Pilates sessions"

You will have your initial assessment with a **Physiotherapist**

Starting at **\$100**

You will start in a month long Foundations **Class** with a **Pilates Instructor**

Starting at **\$30 per class**

You start with a **Private Assessment** with a **Pilates Instructor**

Starting at **\$85**

Option A: Clinical Pilates

You may have a specific injury or health concern and require a specialized rehab program

Option B: Studio Pilates

During the initial assessment or throughout your Foundations classes, your instructor will discuss the ideal plan for you based on your current level of fitness, mobility, experience, and goals. From there, they will recommend one of the options from below.

Clinical Pilates

\$0 - \$95 dependent on insurance

Combine Physiotherapy and Pilates for a personalized rehab program to suit your needs.

Depending on your insurance, you may complete your rehab with a Physiotherapist or a Pilates Instructor.

Welcome Package

\$225

Three 55 minute one-on-one private Pilates sessions.

Assessment and introduction to learn the principles of Pilates and equipment use.

Level approval given for classes.

Pilates Classes

\$32 drop in
\$30 punchcard
\$30 registered

*Per class and may vary depending on package

55 minute group classes.
Max 6 participants.

Range of classes to suit all levels and personal goals; designed to tone, strengthen, and condition the body.

Private Pilates

\$85

*Per session and may vary depending on package.

55 minute one-on-one private Pilates session.

Personalized to suit your needs.

Master Pilates on our full range of studio equipment.
Great for rehab needs.

Continue with 1-on-1
or
Join classes