

Welcome to Passport Pilates Studios, a studio dedicated to transforming bodies, calming minds, and creating lasting relationships. Thank you for your recent inquiry.

Our Pilates Talk & Tour followed by our Pilates Reformer Orientation are scheduled during our “non-peak” class times. During this small group talk, tour and orientation, we find out a bit about you, explain the history and concepts of Pilates, answer your questions, teach you the body positioning & language of Pilates, show you the mechanics of the Reformer Apparatus. . . then we'll get you moving on the Pilates Reformer.

The Pilates Talk and Tour is about 30 minutes and your orientation lasts approximately 60 minutes. Please arrive on time. We appreciate a 24 hour notice of cancellation. The Pilates Reformer Orientation fee of \$35. includes two trial group classes which must be completed within 14 days of orientation. The 30 minute Talk and Tour is complimentary.

Following your orientation, you may schedule two trial group reformer classes via our on-line scheduler or call the office and we will assist you. Your trial classes give you a “tasting” of a group class experience and provide the opportunity to get a feel for a Pilates workout.

To decrease the learning curve and enhance your knowledge, understanding and confidence - we highly recommend continuing with our ***Smart Start Introductory Training***. Through our Smart Start Program, we teach you the foundation of The Pilates Method, address your goals and needs then ***personalize/individualize*** your workout to ENSURE that you will receive the most out of each Group Class Format. Our clients think of our Studio as their “Happy Place.”

Class price varies upon the quantity of classes purchased and range from \$18. to \$25. per class depending upon the type of package chosen. Please refer to our website for detailed pricing. Together we can decide which “learning package” will best fit your needs and schedule.

Once you become “addicted” to Pilates, we offer cost-effective membership options. Pilates is performed in socks and comfortable clothing....fitness or yoga apparel. Again, thank you for your interest in Passport Pilates. We look forward to meeting you and working with you to enhance your mind, body and overall well being.

