

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

Our **complimentary** Orientation-Introductory Workout is offered at both Studios two to three times weekly. This will give you a “tasting” of a group class experience and provide the opportunity to get a feel for a Reformer Pilates workout. You can sign up online, email or call to schedule. Please arrive 10 minutes prior to fill out health form.

To decrease the learning curve and enhance your knowledge, understanding and confidence - we highly recommend beginning or continuing after Orientation with either our ***Jump Start or Smart Start Introduction Programs***. 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 Studios 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 Menu of Services or website for detailed pricing. Together we can decide which “learning package” will best fit your needs and schedule. Once you become “happily addicted” to Pilates, we offer cost-effective membership options with class prices as low as \$ 17.50 per class.

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.

“Allow yourself to be a beginner, noone starts out excellent.”

“Pilates is not about being better than someone else, it's about being better than you used to be.”