PRIVATE PILATES



What is Pilates?
Pilates is a low-impact, full-body workout that strengthens the core, improves posture, and builds long, lean muscles.

Who can do it?
Everyone! Pilates focuses on controlled, quality movement and can be adapted for all fitness levels.

How is Pilates different from other resistance training?
Pilates combines strength, flexibility, balance and control. Exercises may be modified from beginner to advanced to create a personalized workout.

A current Health History Questionnaire must be on file before participating.

55 MINUTE PRIVATE PILATES

$95

PER SESSION

PACKAGE OF 6
$540 | $90 EACH

PACKAGE OF 12
$1,044 | $87 EACH

55 MINUTE DUET/TRIO PILATES

$65

PER SESSION/PER PERSON

PACKAGE OF 6
$372 | $62 EACH

PACKAGE OF 12
$720 | $60 EACH

Please contact the Fitness Center at 561-488-6944 for more information.

THE Fitness Center
AT BOCA WEST