

Come and experience for yourself the Pilates fitness movements that strengthen, lengthen, energize and relax you .

After the first FREE one-on-one session you will feel the difference, after ten sessions you will see the difference and after twenty sessions other people will see the difference.

We start where you are in your health and fitness and build up your level from there. Whether you are new or experienced in Pilates, looking to resolve physical issues, general fitness or athletic conditioning, whatever your age, you will benefit from Pilates.

Living Well Pilates overall goal for clients is improvement in their life with the development of body awareness and knowledge of body mechanics. That information and experience improves body alignment and posture. Movement becomes more efficient and effective. Muscles become stronger and more relaxed and joints develop more stability.

Our team of instructors is dedicated, working with you to reach your goals. At Living Well Pilates we offer a wide variety of classes from beginners to advanced along with private individual training.