

Welcome to Our New Pilates Classes

Transform your body and mind with our specialized Pilates classes. Join us on a journey to better health, improved strength, and enhanced well-being.

P. by Prerna .



What is Pilates?

Core-Focused

Low-impact exercise method that builds strength from the inside out. Your core becomes your power center.

Balanced Approach

Emphasizes proper alignment, balance, and flexibility. Every movement has purpose and precision.

Rich Heritage

Developed by Joseph Pilates during WWI. Originally called "Contrology" for its focus on controlled movement.



Benefits of Pilates



These benefits compound over time. Most clients notice significant improvements within 8-10 sessions.

Meet Your Instructor: Prerna

1

Early Career

Began as a dancer and dance educator trained in Bharatanatyam, Kathi, Ballet, Jazz, and Contemporary. Discovered Pilates through personal rehabilitation as well as her students' needs for better postural control, strength and flexibility.

2

Advanced Training

Trained in STOTT Pilates- Matwork..

3

Experience Today

10 years teaching experience. Taught 3,000+ classes in-person and online.



Client Success Stories

Reduced Back Pain

Uma found relief from chronic back pain, improving her daily comfort and mobility.

Knee Pain Relief

Esther overcame persistent knee pain, allowing her to return to her favorite hiking trails.

Improved Strength & Endurance

Prakariti increased her overall strength and endurance, making workouts more effective and enjoyable.

Online Class Details



Class Duration

50-minute sessions designed for maximum benefit without overwhelming your schedule.



Class Schedule

Two sessions weekly. Saturday and Sunday (10 am to 11 am IST)



Live Instruction

Real-time feedback ensures proper form. Interact directly with your instructor.





Suitable for All Fitness Levels

Beginners

Start with foundational movements. Build basic strength and body awareness.

Intermediate

Progress to more complex sequences. Increase resistance and challenge.

Advanced

Master precision and flow. Tackle the most demanding Pilates exercises.

Every exercise includes modifications for injuries or limitations. Your journey advances at your own pace.

Get Started Today!

1

Free Class

Your first session is complimentary.
Experience the Pilates difference with
no obligation.

2

Weekly Classes

Choose from morning or evening
sessions. Attend all or select what fits
your schedule.

30

Day Results

Most clients report noticeable
improvements within their first month
of regular practice.

Sign up now by calling 9884029319. Flexible pricing plans available to fit your
needs.

