



Advantages of One-one-One Pilates Training

Scheduling commitments – Your schedule may make it difficult to attend regular class times consistently. You purchase a pack of private training sessions and use them when it is most convenient for you and your instructor.

Personalized program – Exercises are chosen to meet the individual's specific needs for strength, balance and building body awareness. Your Pilates One-on-One sessions provide you with proper execution, precision and maximum efficiency. As well, you may be looking to get better results from your group classes.

Pilates equipment - You enjoy the benefits of working with your one-on-one instructor on all of the Pilates equipment - the reformer, the Cadillac, the Chair and Wall Tower Stations.

Sports Injury - You may be recovering from an injury or you may be a sports enthusiast and you want to remain injury free. Recovering from overuse issues, conditioning for golf, skiing running, swimming, horseback riding.

Specialized conditions - You need specialized knowledge for a chronic condition you have. You may be recovering from injury, operation or accident. Addressing foot, ankle and arches issues, increasing flexibility, toning the whole body, regaining balance.



Call the studio today to book your free assessment to discuss your specific issues and goals.

You work one-on-one with an instructor, to try out the studio, to try out the movement, and feel the difference before you leave.

"The teaching style at Living Well Pilates ensures that participants do things correctly before going to the next level." M.H.

Sessions are planned around your schedule.

Reach your goals with knowledge and support that keeps you motivated. Call studio for information and to book your free session.

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(private session purchases are good to six months from date of purchase)