


get the edge.

Improve your speed, strength + endurance

Studio Pilates delivers intense, 40 minute workouts on Pilates reformers in a small group environment that feels more like a personal training session, with our world class instructors modifying your moves for maximum gains.

We work your body on all planes of movement – sitting, lying and standing – so that the muscles are worked from many different direction, producing a uniform and very deep strength and tone, even without using heavy weights.

Pilates can dramatically assist your athletic performance and offers the perfect training complement to all sports, whether your focus is fitness based, competitive or technical development.



PACIFIC SCHOOL GAMES OFFER
\$10 Casual Class (Normally \$27)
USE PROMO CODE: PSG17

studio pilates[®]
international

Studio locations

Norwood 121B The Parade | 8431 7005

Adelaide City 9 Young St | 8231 4995

studiopilates.com

Promo code valid from 1 – 10 December 2017 – Valid at Studio Pilates Adelaide City and Norwood Studios only • For the promo code to apply, it must be mentioned to customer service representative over the phone, prior to completing your booking. Use of promo code must be initiated by the customer • Standard Studio Pilates terms and cancellation policy apply • Promo codes cannot be back dated or applied to previous transactions • Promo codes are not transferable or redeemable for cash or credit • Studio Pilates reserves the right to amend or withdraw promo codes at any time.