

Services

Pilates Reformer

The unique benefits of reformer Pilates

The Pilates reformer is an amazing piece of apparatus unlike no other, which helps you to find length and space in the body while under spring tension. Far from just a workout for your core, this piece of apparatus helps create internal pressure to elongate the spine, joints and muscles which then leads to greater flexibility, strength, stamina and a more balanced posture. This type of physical and mental workout is even more relevant now due to lifestyle factors such as long working days, being seated for long periods of time, and mental health aspects, to name just a few.

There are some misconceptions surrounding reformer Pilates

That you need to be 'in shape' to do reformer Pilates is not true. The Pilates philosophy is to build a strong powerhouse or core and then progress outwards. This makes reformer Pilates a great place to start whatever your level of fitness. All the exercises can be progressed and regressed to the individual being taught. This will enable you to be challenged, thus strengthening you in multiple ways and setting you up to achieve your fitness goals.

Pilates Reformer Fees:

Class pricing:

- 1 class in group setting \$40
- 3 classes in a group \$100
- 6 classes in a group \$180

Private Reformer Sessions:

One hour - \$70

One hour 10 sessions - \$650

Half Hour - \$45

Half Hour 10 sessions - \$400

Our practice uses the reformer during physical therapy sessions as well as to private customers who just want to improve their overall fitness. For more information: www.montgomerypt.com or email: Meredith@montgomerypt.com