

The Pilates studio has been closed since March 21, 2020 out of concerns for Covid-19, and subsequent to government mandate. Restrictions on operation of our business are being lifted as of June 1, and the studio will be re-opening. However, we will be instituting certain measures to minimize the risk of transmission of infection, including appropriate spacing of mats and reformers, very frequent disinfection of equipment, and the availability of hand sanitizer. We will be following guidelines from CDC as well as the State Health Department. There have been studies showing that masks are not essential during low-intensity exercises such as Pilates, and the government is not requiring them during exercise, so it is up to each individual to choose whether to wear one.

Initially we will be limiting class size to a maximum of four clients. We are hoping to add Mat and Ball classes in a few weeks-- hopefully by June 15.

Please email, text, or call for more information, or if you have any questions.

We will be making every effort to provide a sanitary environment in which to work out, and we hope to see you soon!