

A woman with blonde hair tied back is performing a Pilates exercise on a reformer machine. She is wearing a dark grey long-sleeved top and is leaning forward, holding the handles of the machine. The background is a bright, modern studio with large windows and a green plant.

The Pilates Company

Membership & Passes

“
You will
feel better in
10 sessions,
look better in
20 sessions,
and have a completely
new body in
30 sessions.”

– Joseph Pilates





I N D I V I D U A L

Memberships

Mat

4 CLASSES

£56 /month

8 CLASSES

£96 /month

Reformer

4 CLASSES

£96 /month

8 CLASSES

£176 /month

Benefits

- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

*Email hello@thepilatescompany.co.uk to set up automatic recurring bookings of the class you want to attend each week.





C O M B I N E D

Memberships

Combination of Mat & Reformer

4 CLASSES

£76/month

8 CLASSES

£152/month

12 CLASSES

£192/month

Benefits

- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

*Email hello@thepilatescompany.co.uk to set up automatic recurring bookings of the class you want to attend each week.



10 Class Passes

Mat	£150
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Reformer	£250
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✓ 6-month expiry ✓ No sign-up fee

Single Drop-In Class

Mat	£17
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Reformer	£27
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Private 1:1 Sessions

Single Session	£70
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3 Session Pack (10% discount)	£315
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10 Session Pack (15% discount)	£595
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Private 1:1 with Joni Jacobs are £80 per session

(£360 for 5 and £680 for 10)

Who Are We?

We are an **award-winning, friendly** and **non-intimidating** Pilates studio in Worthing.

We pride ourselves on **knowing our clients** and creating a safe space for them to **achieve their goals**; whether they be physical, mental, or both.

Our Unique Position

Highly qualified Pilates teachers with 80 years of collective teaching experience

Personal knowledge of all of our clients

Small group classes

Tracked progress

Variety of class offerings

Flexible memberships

Extensive wellness, social and workshop timetable

Supportive community environment and events

Our Services

- ✦ Small Group Mat Classes (7 people)
- ✦ Small Group Reformer Classes (5 people)
- ✦ Private Sessions (1:1s and duets)
- ✦ Wellness programme (e.g., Breathwork, workshops, deep relaxation, yoga, talks, socials)
- ✦ Social Events
- ✦ Educational Workshops

Our Classes

Reformer Classes:

- ✦ Fundamental
- ✦ Open Level (mixed ability)
- ✦ Intermediate/Advanced
- ✦ Rehab/Prehab
- ✦ Jump
- ✦ Restorative (Sundays)

Mat Classes:

- ✦ Beginner/Improver
- ✦ Intermediate/Advanced
- ✦ Classical
- ✦ Dynamic
- ✦ Pregnancy & Postnatal
- ✦ EDS & Hypermobility
- ✦ Restorative (Sundays)



OUR 5 STAR GOOGLE REVIEWS

"What an amazing place. I've been going about 4 - 5 times a week for a month since coming out of an injury and it's been so amazing for rehabilitation (beginner classes). All the teachers have fantastic attention to detail, know you and your physical history, and are quick to offer adjustments if you ever need them. I've also been to one more dynamic class which was great too. The location is ideal, rooms are lovely and it's such a cosy place to be. Very highly recommend."

- Claire

"An incredible studio, run by an amazing team of women! With talented and inspiring teachers, a relaxing and welcoming studio space, The Pilates Company is the perfect place for you to practise pilates. My classes at the studio are always a highlight of my week and I always leave the class feeling strong, energised and positive. Whether you're a complete newbie or have been practising pilates for years, I highly recommend The Pilates Company for mat or reformer pilates!"

- Grace

Want To Join Us?

Email hello@thepilatescompany.co.uk to
get started!



THEPILATESCOMPANY.CO.UK

HELLO@THEPILATESCOMPANY.CO.UK

The
Pilates
Company