

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





Memberships

Do you want to do **4 classes a month?**

Mat

£60 /month

- ✓ Up to 4 classes a month
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

Reformer

£98 /month

- ✓ Up to 4 classes a month
- ✓ 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.

Memberships

Do you want to do **8 classes a month?**

Mat

£104 /month

- ✓ Up to 8 classes a month
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

Reformer

£180 /month

- ✓ Up to 8 classes a month
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

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Memberships

COMBINATION OF MAT & REFORMER CLASSES

4 Classes A Month

£89/month

- ✓ 4 classes a month (2 mat and 2 reformer)
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

8 Classes A Month

£149/month

- ✓ 8 classes a month (4 mat and 4 reformer)
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

12 Classes A Month

£209/month

- ✓ 12 classes a month (6 mat and 6 reformer)
- ✓ Auto class booking*
- ✓ Simple direct debit
- ✓ No sign-up fee
- ✓ Cancel anytime
- ✓ 10% off merchandise

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10 Class Passes

We also offer 10 class passes.

Mat

£140/month

✓ 6-month expiry

✓ No sign-up fee

Reformer

£240/month

✓ 6-month expiry

✓ No sign-up fee

Single drop in classes also available:

Mat

£17

Reformer

£27

Private 1:1 Sessions

**Single
Session**

£70

**5 session
pack**

£315

(10% discount)

**10 session
pack**

£595

(15% discount)

**Private 1:1s 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:

- 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](https://thepilatescompany.co.uk)

[HELLO@THEPILATESCOMPANY.CO.UK](mailto:hello@thepilatescompany.co.uk)

The
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