



PILATES PRIVATE & GROUP LESSONS



Come and discover the physical and psychological benefits of the Classical Pilates in two of the established Zurich studios.



Pilates focuses on building your body's core strength and improving posture through a series of low impact stretching and conditioning exercises. It can be used to rebalance muscles and bring them back to their correct alignment, whilst also improving flexibility, tone and strength.



Pilates is suitable for everyone including pre- & post-natal women, those new to exercise or returning from injury, those looking to improve performance, or simply to relieve stress and tension.

Studios & Working Times



Kaya Studio
Im Walder 47
8702 Zollikon

Pilatesworks
Bahnhofstrasse 33
CH-8703 Erlenbach

Mon: 9:00 – 17:00*
Tue & Thu: 13:00 – evening
Fri: 13:00 – 16:00*

Wed: 10:00 – 17:00*
Group lesson: Wed – 9:00

** Start of the last session.*



Trainee Price List

Clients can take advantage of the special prices until I complete the Pilates instructor training programme. All sessions last 55 minutes and are taught in English. Sessions in German on request.



TRIAL SESSIONS

Trial single session	CHF 35.–	
Trial 3 sessions (valid 1 month)	CHF 120.–	
Trial duo session	CHF 50.–	(25.– per person)



PRIVATE SESSIONS

1 session	CHF 70.–	
10 sessions Abo (valid 6 months)	CHF 550.–	



DUO SESSIONS

1 session	CHF 80.–	(40.– per person)
10 sessions Abo (valid 6 months)	CHF 650.–	(325.– per person)



GROUP MATWORK SESSIONS

10 sessions CHF 200.– per person

The group sessions start at specific dates and run for 10 consecutive weeks. It is possible to join an existing class, if there are free places. The fee is pro-rated.

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