

Reformer Training Tower Training Small Mat Groups

elite Pilates Studios

Mequon Elite
262-241-4250

North Shore Elite
414-351-2900

North Shore Pilates Studio

Did you know that Elite Racquet and Fitness Clubs offers its members a fully equipped Pilates training studio at North Shore? You will not find another club in the greater Milwaukee area that offers the complete Pilates system with certified instruction. Members of the club will receive discounted rates and packages that make Pilates an affordable and effective part of your commitment to your physical and mental well being.

Introductory Pilates Package at the North Shore Pilates Studio

3 private sessions which include an individual evaluation of strengths and areas for improvement, overview of the fundamentals of the Pilates Method and an introduction to each piece of Pilates apparatus. \$119 for 3 sessions

Create Your Own Pilates Workout with Friends

Want to take a class but the time never seems to work, then create your own workout schedule with the North Shore Pilates Studio.

Get a personalized workout by one of our Certified Pilates Instructors. Include Mat, the Pilates Tower, Reformer and Barrel work or change your workout each week to include a different piece of apparatus. This is a challenging and fun way to learn about the Pilates Method. Commit with 2 of your friends to get that stronger core which will make a positive difference in the way you bring in 2009!

\$30 each member for 55 minute small group session (3 participants)

\$37.50 each member for duet (2 participants) (\$42.50 w/Master Trainer)

Non-member rates available. Call 414-351-2900 and let us know what days and times you prefer and one of our instructors will design your personalized workout.

Passport members can enjoy Yoga & Pilates Mat classes at Mequon & North Shore Elite