

# PILATE ) OF ) TAMFORD



We provide professional training in the Pilates' method of physical conditioning. Stamford's Classical Pilates Studio.

## Our Mission



Pilates of Stamford's goal is to provide professional training in the Pilates' method of physical conditioning. Our facilities are fully equipped, offering individual and small group training on the equipment and or mat. We provide each client – from the seasoned athlete to those new to exercise - with the tools needed to achieve their health and fitness goals. Owner Pam Giambrone is a Certified Pilates Instructor, by Romana Kryzanowska. All of our instructors are either classically trained or have completed extensive certification programs.

## What is Pilates?

The Pilates' Method is not just a series of exercises, but an approach to attaining optimum physical and mental conditioning. It is a gentle but focused exercise, with the potential to become aerobic in its advanced form. Pilates stretches, strengthens, and conditions the body in its all-encompassing mind-body-spirit exercises. This approach is often shared with other techniques such as yoga, Alexander, and Feldenkrais. Instruction involves working on specially designed equipment, primarily using resistance against tensioned springs in order to isolate and develop specific muscle groups. Pilates movements give the entire body a workout, although the core of all movements come from the abdomen.

### How are teachers trained?

Master Teacher Romana Kryzanowska was a direct inheritor and link to Joseph Pilates' original studio. Our teachers have received their training in this method and attend regular workshops throughout the year to maintain their education and keep up with the latest trends.



### How is Pilates of Stamford different from Pilates at local gyms and sports clubs?

- All classes are carefully monitored
- Our instructors are certified in the Pilates Method
- There is not a membership fee



- We personalize our classes
- Clients experience growth so that they do not plateau before reaching their goals.
- We possess all apparatus and props to maximize the exercise hour.



## Our Classes

**Private Sessions:** one on one with one of our highly trained instructors. All pieces of Pilates apparatus, and some additional props are used for a session tailored to your individual needs. Pace and intensity are determined by both you and the teacher. Schedule by phone or in person with the teacher. Cost: \$80 per hour or \$750 for a 10 session card plus 6% CT tax.

**Duet Sessions:** Two clients of compatible experience with one teacher. All pieces of Pilates apparatus are used. Schedule by phone or in person with the teacher. Both clients must be present for duet rates. Cost: \$50 per hour \$450 for a 10 session card plus 6% CT tax.

### Group Classes:

**Mat Work:** class include all authentic Pilates exercises for the floor, focusing heavily on abdominals and lower body strengthening, also includes light arms and stretching. We use arm weights, a magic circle, core balls, barrels and other peripherals to vary your workout and make it more challenging. Workouts can be adjusted for any fitness level or ability. Small, well-monitored and guided groups, mixed levels no appointment.

Option 1: Drop-In Open Class are \$25 per class and \$200 for a 10 class card plus 6% CT tax

Option 2: Monthly Pass Drop-In Open Mat Class are \$180 for unlimited Mat Classes plus 6% CT tax

**BalleCore:** This 55-minute class is a perfect blend of Pilates, Ballet and Yoga. The precise sequencing has been devised over years of teaching to best harmonize these three tried-and-true modalities into one dynamic and fluid practice that is anything but routine! There is no dancing and there are no steps or combinations to memorize! You can just follow the flow of this low to non-impact class at your own pace.

Option 1: Drop-In Open Class are \$25 per class and \$200 for a 10 class card plus 6% CT tax

Option 2: Monthly Pass Drop-In Open BalleCore Class are \$180 for unlimited BalleCore Classes plus 6% CT tax

**Group Reformer:** There can be up to four people working with an instructor. You will use a variety of the Pilates apparatus including, Reformer, Chairs, Tower as well as incorporating mat work into each session. Each client will have their own equipment and the class would be individualized to the goals and needs of the participants You do not need to supply the other people when booking a group reformer class. All group Reformer classes are a great complement to those doing private instruction as well as mat class clients looking for more variety in their fitness routine. This option is a great way to experience classic Pilates at a group class price.

Option 1: Drop-In Open Group Reformer Class are \$40 per class and \$350 for a 10 class card plus 6% CT tax

*Pilates of Stamford will happily accommodate you and a group of your friend with this option at a time other than those on the schedule. Please call or email us to discuss options.*



Pilates of Stamford  
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Pilates of Stamford is centrally located above Four Corners Liquors at Bull's Head, where Long Ridge Road, High Ridge Road, Bedford Street, and Summer Street all converge.

### From the Merritt

Take Exit 34 and turn South at the end of the ramp. Drive 2.3 miles. Turn sharp left onto High Ridge Rd. Turn immediately right into the parking lot of Four Corners Liquors.

### From 95

Take the Greenwich Ave exit number 7 toward CT-137 North. Take an immediate slight left onto S State St. Take another left onto Washington Blvd. After 2 miles, turn right onto Long Ridge Rd and get into the left lane to turn left onto High Ridge Rd. Turn sharp left onto High Ridge Rd. Turn immediately right into the parking lot of Four Corners Liquors.