

Types of Sessions and Classes we offer.

Private Sessions

The most effective way to begin exploring and understanding the Pilates Method is through one-on-one private sessions that are tailored to your specific needs. Individualized instruction maximizes your understanding of the concepts and movements involved in Pilates and how to apply them to your body.

Semi-Private Sessions

Semi-private sessions include two clients and are designed for people who are ready to learn the basic principles of Pilates, but in a slightly larger setting than in privates.

Apparatus Classes

These classes include instruction on the reformers and wall units with two to five students to a class to maintain personal guidance and safety (five private sessions are required prior to attending these classes).

Mat Classes

Mat classes include two to five students and are recommended for beginners as well as advanced students alike. Mat exercises will truly engage your body from the inside out.

Directions and Contact Information.



Directions

From I-25 take the Colfax exit east, past Speer Blvd, and turn left on Welton street. The Denver Athletic Club is located in central downtown Denver between 13th and 14th, and Glenarm and Welton Streets.

The parking garage is located on the corner of 14th and Welton (the entrance is on 14th Street) and there is metered parking around the Club.



pilates downtown • the denver athletic club
1325 glenarm place • denver, co 80204
720-931-6743 • www.pilatesdowntown.com



Real Pilates.
Real Results.



Real Pilates. Real Results.

Pilates Downtown welcomes you to experience the Pilates method of body conditioning. Our fully equipped studio gives you the highest quality Pilates instruction available. We are located in the heart of downtown Denver, housed within The Denver Athletic Club, and are open to the public.

What is Pilates and how does it help ME?

Pilates is an alternative form of exercise that has a proven history of simultaneously strengthening, stretching and defining all muscle groups while aligning the body and eliminating excess tension. Everyone can benefit from Pilates, regardless of your age or physical fitness level. Whether you are 20 or 60, injury free or suffering from an ailment, Pilates is for you!

Pilates helps improve and/or increase:

- Flexibility
- Range of Joint Motion
- Overall Body Strength
- Balance and Coordination
- Athletic Performance
- Bone Density
- Circulation of Blood Flow
- Postural Alignment
- Muscle Tone

Not all instructors are created equal.

Pilates Downtown's certified and highly educated instructors have completed the most intensive training program designed, based on the original work of Joseph H. Pilates, also known as "classical" or "authentic" Pilates. Certification was granted to those who completed 100 hours of lecture, 750 hours of apprenticeship and a passing grade for written, practical and performance exams. In addition to mastering nearly 500 exercises and learning to teach them safely and effectively to all body types, our instructors learned anatomy and alternative modalities. All this extensive training enables us to teach, educate and inspire you while developing your body to its maximum potential.

A History of the Joseph H. Pilates Method

The Pilates Method of Body Conditioning was developed by Joseph H. Pilates (lived 1881-1967) and has been practiced for decades in the dance community since 1925, when Joseph opened up a studio in New York City. Pilates has gained momentum in the mainstream fitness industry only recently, as more people are seeking a safer and more natural total body workout.

Pilates uses precise sets of movements utilizing specialized spring resistant equipment to create longer, leaner and more limber muscles, while strengthening the "powerhouse" of your body. A strong powerhouse, which includes the gluteal, abdominal, and lower back muscles, creates a firm foundation for movement and reduces risk of injury.