

In Studio Pilates Apparatus,   
Mat and Strength Training  
Pilates Apparatus includes reformers, towers, chairs, barrels and all props. All sessions are customized to your goals, needs, preferences and schedule.

Private: $95 ($101.03 with tax)

    New Client Starter Rate: 3@$255 ($271.20 with tax)

    10-sessions: $900 ($957.15)

Duet: $65 per person ($69.13 with tax)

    New Client Starter Rate: 3@$165 pp ($175.48 with tax)

    6-sessions: $360 pp ($382.86 with tax)

10-sessions: $600 pp ($637.80 with tax)

Groups of 3: $55 per person ($58.50 with tax)

Groups of 4: $45 per person (includes tax/ pp outdoors only or virtual)

Private ½ hour session: $55 ($58.50 with tax)

Private 45 min. session: $80 ($85.08 with tax)

***CT sales tax of 6.35% is added to all studio, virtual and in-person rates*** *(except for if at your home—CT sales tax not required by law). Additional travel fees apply if training at your home. Rates* are subject to change. Preferred payment options include Zelle, Venmo (@BreathePilatesandFitness) or check (Breathe Pilates and Fitness); PayPal (PayPal.Me/BreatheFitnessLLC) and cash also accepted.