

Caption n-1

The **proven** method we use to get ANYBODY's fitness journey back on track.

So you're looking to exercise/lose weight, but you're pregnant? Maybe you have serious medical conditions or a postpartum body.

Well, luckily for you, at Emerald City Pilates, we're invested in YOU and YOU alone.

Yeah, you heard that right. We're talking a 100% private studio, 1 on 1 personalized Pilates sessions, and **Senior Level** Pilates instructors.

We got your back! (literally)

Schedule your session today; link in bio!

Caption n-2

3 mistakes you might be making before your Pilates session that minimize its benefits.

These 3 mistakes influencers like Bailey Brown and Amanda Blauer completely keep away from to avoid feeling sluggish or frustrated. But..

I can guarantee that if you fix these 3 mistakes before your next Pilates session...

You'll look toner and feel more energized, clear-minded, and confident a week from now!

- Skipping warm-up exercises
- Poor hydration
- Not Breathing properly

So... were you doing any of these naughty habits?