

THE EQUIPMENT

Pilates Pointe offers state-of-the-art Pilates equipment designed to enhance your workout experience and provide variety in your sessions. Our studio includes:

Allegro® Reformer – A versatile piece of equipment that allows for a wide range of exercises to improve strength, flexibility and coordination.

Allegro® Reformer Tower – Combines the Allegro Reformer with a vertical tower for additional exercises that target muscle strength and core stability.

Trapeze Table – A unique piece of equipment that supports a wide range of exercises to increase flexibility, strength and range of motion.

Wunda Chair – A compact yet powerful tool for strengthening the core, lower body and improving balance and coordination.

Step Barrel – Used for stretching and strengthening exercises that enhance spinal flexibility and alignment.

Ladder Barrel – Designed to improve spine flexibility, lengthen muscles and increase strength in the torso and lower body.

Much More – Additional Pilates equipment to add variety to your workouts and keep your training experience fresh and challenging.

Get Started Today!

Join us at Pilates Pointe, located in the lower level of Fitness Pointe, and experience the transformative benefits of Pilates in a dedicated, professional environment.

Call 219-924-5348 or visit fitnesspointe.org to learn more about our diverse program offerings.



Community Hospital Fitness Pointe
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Community Hospital Fitness Pointe®

PILATES POINTE

Specialty Pilates Studio



What is Pilates?

Pilates is a low-impact, full-body exercise method that emphasizes core strength, muscle conditioning, flexibility and body awareness. Developed by Joseph Pilates in the early 20th century, Pilates focuses on controlled movements that improve posture, balance and overall strength, while also promoting mental clarity. Pilates is suitable for all fitness levels, from novice to experienced practitioners and can be tailored to meet individual needs.

Why Choose Pilates Pointe?

Tailored Workouts – Whether you prefer one-on-one personal training or partner sessions, we customize each workout to fit your specific needs and goals.

Expert Guidance – Our certified Pilates instructors offer professional coaching in a supportive, welcoming environment.

Exclusive Studio Experience – Enjoy a serene, specialized setting for Pilates, fully equipped with top-of-the-line equipment.

For Members & Non-Members – Pilates Pointe is open to everyone, whether you're a Fitness Pointe member or looking for a stand-alone Pilates experience.

Our Experienced Pilates Staff

At Pilates Pointe, our certified Pilates instructors are dedicated to providing personalized, safe and effective sessions. All of our instructors have:

- **Nationally Accredited Pilates Certification**
 - Ensuring a high level of expertise in Pilates principles and practices.
- **CPR/AED Certification** – Our instructors are trained to handle emergency situations and ensure your safety.

Individual Personal Training Sessions

Individual

(One person)

Single session

\$49 (member)

\$59 (non-member)

5-session package

\$230 (\$46 per session/member)

\$285 (\$57 per session/non-member)

10-session package

\$440 (\$44 per session/member)

\$540 (\$54 per session/non-member)

30-session package

\$1,200 (\$40 per session/member)

\$1,500 (\$50 per session/non-member)

Partner

(Two people training together with one trainer)

Single session

\$75 (\$37.50 per person/member)

\$95 (\$47.50 per person/non-member)

5-session package

\$350 (\$35 per person session/member)

\$460 (\$46 per person session/non-member)

10-session package

\$660 (\$33 per person session/member)

\$860 (\$43 per person session/non-member)

30-session package

\$1,800 (\$30 per person session/member)

\$2,400 (\$40 per person session/non-member)



5 Benefits of Pilates

Core Strength – Pilates is renowned for its focus on strengthening the core muscles, which helps improve posture and stability.

Increased Flexibility – Regular practice enhances joint mobility, while stretching and toning muscles, promoting greater flexibility and strength throughout the body.

Improved Posture & Alignment – Pilates encourages proper alignment of the spine, which can reduce back and neck pain and enhance overall body posture and poise.

Muscle Tone & Endurance – Builds lean muscle and improves endurance without bulking, resulting in a toned physique.

Mind-Body Connection – The mindful nature of Pilates helps reduce stress, improve concentration and increases mental clarity by focusing on breath and movement.