Can I try a Pilates session before committing to a package?

Pilates FAQs · https://physeq.com/phys-eq-faq/can-i-try-a-pilates-session-before-committing-to-a-package/

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Yes, absolutely! At Physical Equilibrium, we understand that trying out a new type of fitness routine before committing to a package is important. We want you to feel confident and comfortable with your decision to join our Pilates sessions. That's why we offer a new student intro 3 session pack special or a single session option for all new clients.

How does the single session or the intro 3 session pack work?

During the initial private session, you'll get a taste of what our Pilates sessions are all about. You'll have the opportunity to experience our state-of-the-art studio located in Midtown Manhattan, New York City. Our knowledgeable and friendly Pilates instructors will guide you through a workout, introducing you to the principles and techniques of Pilates.

Here's what to expect:

- A warm welcome from our team
- An overview of the Pilates equipment and studio
- A brief introduction to the foundational movements and exercises
- A chance to ask any questions you may have
- A guided Pilates workout tailored to your fitness level

How do I sign up for the intro special?

Signing up for the intro special is easy! Simply give us a call at +1(917) 873-6100, and our friendly staff will assist you in scheduling your first session. Alternatively, you can visit our website at https://physeq.com/contact-phys-eq-physical-equilibrium-madison-ave-new-york-ny-nyc-10022/ and fill out our contact form. We'll get back to you promptly to arrange a convenient time for your initial session.

Why should I try a Pilates session at Physical Equilibrium?

At Physical Equilibrium, we pride ourselves on providing top-notch Pilates instruction in a welcoming and supportive environment. Our experienced instructors are passionate about helping you achieve your health and fitness goals. Whether you're a beginner or an experienced practitioner, our private Pilates sessions are designed to challenge and inspire you.

Additionally, our studio is equipped with the latest Balanced Body Pilates equipment, ensuring a safe and effective workout. We also collaborate closely with medical professionals to provide a seamless transition from therapy to an active lifestyle. Our commitment to your well-being extends beyond the studio walls.

So, what are you waiting for? Take advantage of our intro session offer and see for yourself why Physical Equilibrium is the perfect place to embark on your Pilates journey. We can't wait to welcome you to our Midtown Manhattan studio!