



CLUB PILATES®

CLASS STYLES

REFORMER FLOW

Reformer Based Pilates with a Contemporary Flow

Our signature Reformer class strengthens and lengthens your entire body, increasing mind-body connection and awareness.

CARDIO SCULPT

Get Moving with an Energetic Cardio Workout

The Jumpboard creates an aerobic workout that's gentle on the joints. Pump up your heart rate in this fun, full-body Pilates party!

RESTORE

Massage & Sooth Sore Muscles

Experience the benefits of foam rolling and TriggerPoint™ therapy while reducing muscle soreness and increasing performance.

center & balance

Stretch Better with Pilates Equipment

Re-center and balance your body with apparatus-assisted stretching. A great cross-training class for increasing flexibility.

CONTROL

Stand Up, Sculpt & Get Toned

Inspired by Joseph Pilates' work with dancers, the Springboard, gliding discs, ball, and weights are used to keep your body guessing.

SUSPEND

Defy Gravity & Strengthen with Suspension Training

Combine Pilates with the incredibly effective TRX® system. Stability challenges will test your body's balance & coordination.

F.I.T

Build Muscle & Stamina with Interval Training

This boot-camp style class mixes high-intensity, calorie-blasting cardio work with lower-intensity, Pilates-based strength training.



CLUB PILATES®

MEMBERSHIPS



THE 4-PACK

- Take 4 classes per month

THE 8-PACK

- Take 8 classes per month

THE UNLIMITED

- Unlimited classes per month
- Extended booking window

THE PASSPORT

- Unlimited classes per month
- Extended booking window
- Book at any US location

Club Pilates North Fort Worth
(682) 312-6030
clubpilates.com/northfortworth
2317 N Tarrant Pkwy., Ste. 423
Fort Worth TX 76177



THIS ORGANIZATION
AND ITS ACTIVITIES
ARE NOT RELATED
TO OR SPONSORED
BY THE NORTHWEST
INDEPENDENT
SCHOOL DISTRICT.

Memberships begin as a 90 day program & auto renew monthly. 30 day notice to cancel after first 3 months. Unused classes do not carry over to next month.