

PILATES

Individualized Pilates programs
to transform your movement
and transform your
well-being.

The transformative
journey of well-being
happens through
movement

FLEXIBILITY. BALANCE. STRENGTH.

WHAT IS PILATES?

A physical and mental workout that focuses on correct physical alignment, control, breathing, flowing movement and concentration.

WHEN IS PILATES RIGHT FOR ME?

Pilates can be a great way to reintroduce exercise after recovering from an injury, adapting to pre- and post-natal exercise, or upgrading your movement quality to take your favorite physical activities to the next level! Pilates is safe and effective for all ages and fitness levels, and is an excellent foundational complement to any fitness routine.

WHO CAN BENEFIT FROM PILATES?

Anyone! If you've been looking for a new way to keep moving and challenge your muscles while being gentle on your joints, Pilates is for you. Our top-notch highly trained instructors are also seasoned Physical Therapy practitioners. They're here to help guide you through your well-being journey with safe and effective workouts designed to keep you moving forward.

PRIVATE
40-MINUTE
SESSION:
\$95

We exist to
empower people
to live their best lives.

Scan QR code to
learn more about
our Pilates program



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