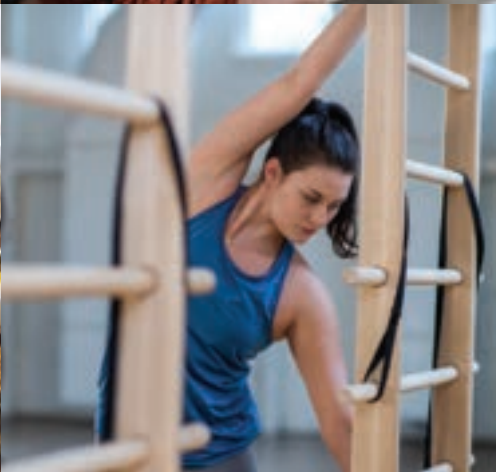
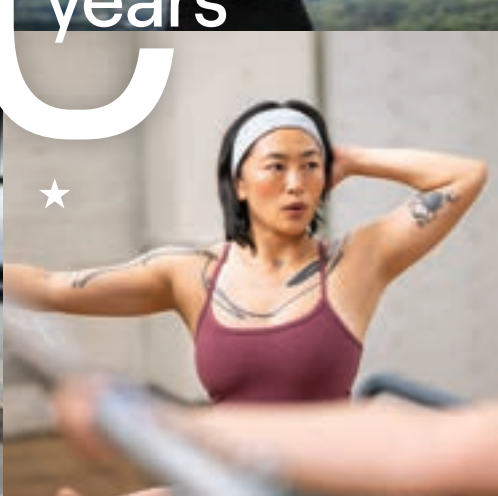
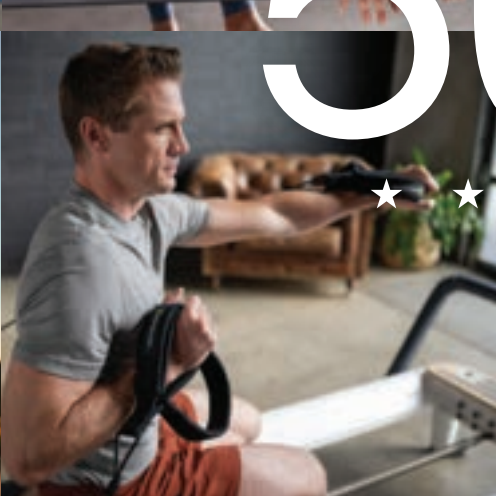




50 years





Left to Right: Ken (CEO), Roz, Delilah, Irma (Events Manager), Adam (Director of Business Intelligence), Bianca & Paul (Director of Business Development)

2026 marks the 100th anniversary of Joe and Clara's arrival in New York City. The brand that bears Joe's name is now one of the strongest brands in the entire world, and its growth is accelerating.

It's a brand that rests on a bedrock of passion, community, trust, collaboration, and miraculous customer experiences. It's a brand that we all own together.

Balanced Body is excited to celebrate our 50-year anniversary of building the Pilates brand as part of an amazing global Pilates community. Celebration is in order. 50 years of listening to customers and improving our products. 50 years of honing our craftsmanship. 50 years of making the best possible equipment we can so that instructors around the world can work miracles with their clients.

We're also celebrating 25 years of making the Allegro® Reformer (50,000+ sold), and 20 years of Pilates On Tour® and Balanced Body Education®. And as many of you know, 25 years ago, the Pilates community won the lawsuit so generations of instructors can promote what Pilates has done for them and their clients, loudly and publicly.

Today, I'm asking you to keep telling those stories of Joe and Clara, of improved client mobility, lifestyle, health and performance. Stories that explain what makes Pilates unique, special, and powerful. You sharing these stories and experiences will keep nurturing the Pilates brand so that the global Pilates community can continue to build on it.

In these moments, it's tempting to ride the wave. Let's remember to build for the next generation that is just beginning to fall in love with Pilates.



Ken Endelman
Founder, CEO Balanced Body

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Customer Favorites

TOP 10 PRODUCTS



Must-have Balanced Body® products for an optimum Pilates experience. Widely loved with rave reviews from customers.



Ultra-Fit Circle®

Learn more at p. 71



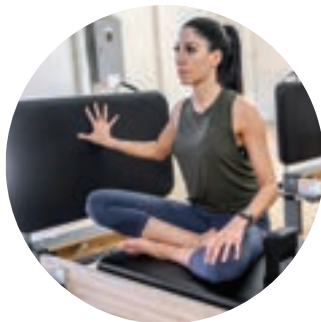
Balanced Body® Signature Springs™ for Reformers

Learn more at p. 52



Studio Reformer®

Learn more at p. 16



Padded Jumpboards

Learn more at p. 57



Pilates Arc®

Learn more at pilates.com



Allegro® 2 Reformer p. 10



EXO® Chair p. 32



Sitting Box Lite p. 50



Allegro Nextgen Reformer™ p. 22

Scan below for reviews,
workouts, pricing and more!



Metro IQ® Reformer p. 26

Finding the Reformer for you

Studio Reformer®



- ✓ #1 Choice of Pilates Pros
- ✓ Maximum adjustability with footbar and springbar options
- ✓ Handcrafted from durable solid Rock Maple

Learn more on p. 16

Bravo Reformer™



- ✓ Durable, eco-friendly frame made from 256+ recycled plastic bottles
- ✓ Newly designed 4-position footbar with smooth vertical adjustment
- ✓ Proprietary foam padding on carriage, headrest and shoulder rests

Learn more on p. 18

Allegro® 2 Reformer



- ✓ Stunning combination of design and performance
- ✓ Easy to adjust for beginners, innovative features for experienced movers
- ✓ Super smooth transitions

Learn more on p. 10

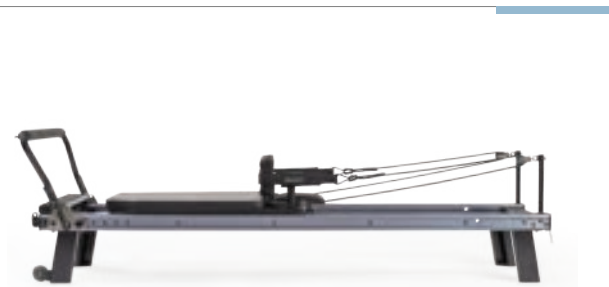
Each Balanced Body® Reformer offers unique features, distinctive design, and unparalleled performance for a premium Pilates experience. All backed by the industry's best customer service and warranties.

Choose the Reformer that best meets your needs.

Scan for Pricing
and Details



Allegro Nextgen Reformer™



- ✓ Infinity Footbar® offers 10 horizontal and 4 vertical positions
- ✓ New thicker, stronger, and more stable risers for durability
- ✓ Conveniently portable with wheels and stores standing up

Learn more on p. 22

Rialto® Reformer



- ✓ Innovative, durable frame of maple and powder-coated aluminum
- ✓ Plush over-molded padding on carriage, shoulder rests and headrest
- ✓ 5-position footbar with easy vertical alignment, no-roll springbar and 3-position carriage stopper

Learn more on p. 24

Metro IQ® Reformer



- ✓ Designed specifically for home use
- ✓ Telescoping frame and choice of transport wheels allows for vertical storage or horizontal storage under bed

Learn more on p. 26



**Celebrating five decades of
Pilates equipment innovation, professional education and
fostering our vibrant movement community.**

Scan to discover our story





Allegro® 2 Reformer

FROM THE COMMUNITY

I love my Allegro 2 Reformer with the upgraded footbar. The machine is beautiful and incredibly well built.

LINGCHEN C.

Beautifully designed, the Allegro 2 Reformer offers smooth transitions, seamless flow, easy adjustments and maximum comfort. Perfect for use in studio and at home.

OPTIONAL UPGRADES

- ✓ Add a Wheel Kit for ease of storing and moving
- ✓ Upgrade with optional Sitting Box, jumpboard and footstrap
- ✓ Tower & Footbar/Springbar on p. 14
- ✓ Optional Accessories on p. 50



FEATURES

- ✓ Signature Springs™ (3 red, 1 blue, 1 yellow)
- ✓ Infinity Footbar® adjusts vertically (4 positions including down) and horizontally (9 positions)
- ✓ 3-position headrest
- ✓ Quiet, cleat and clip-free SoftTouch® Rope System for instant and accurate transitions
- ✓ Expertly crafted with a powder-coated aluminum frame, maple platform and your choice of a Carbon Fiber or Steel Footbar
- ✓ Easily adjustable ropes, even when lying on carriage, and an innovative and efficient rope retraction system
- ✓ Easy set footbar with a comfortable, grippy surface for hands and feet
- ✓ Customizable with the option to add legs to a standard frame height using a Leg Kit
- ✓ CE-approved medical device

▶ Free streaming at video.pilates.com



↑ Upholstery: Storm



Extended Head End Platform

Expanded surface area allows you to access better spinal mobilization

Fits all Allegro 2 Reformers. Not for use with Allegro 2 Towers

Made from Maple Plywood with grip tapes

17626

- 17820 Allegro 2 Reformer (Carbon Fiber Footbar)
- 18180 Allegro 2 Reformer (Steel Footbar)
- 17817 Reformer with Legs (Carbon Fiber Footbar)
- 18178 Reformer with Legs (Steel Footbar)
- 18356 Reformer with Tower & Mat

10-year Limited Warranty



Meet the One and Only Allegro® 2 Reformer. Launched over a decade ago, the Allegro 2 quickly became the Reformer of choice for Pilates professionals and enthusiasts. There is none other like it.



Scan for Tracey's workouts and more!

TOP 5 THINGS I LOVE about the Allegro 2

by **Tracey Mallett** | Balanced Body® Educator, Creator of PilatesNext™

1

Unparalleled Performance

Intuitive, adjustable, and meets all levels of workouts. Seamless rope and pulley system and proprietary carriage and wheels for insanely smooth ride and transitions.

2

Innovative Infinity Footbar®

Proprietary 36-position footbar travels flawlessly the length of the Reformer, creating endless exercise opportunities.

3

Designed for Progression

Start with the Reformer, then add a jumpboard, sitting box, extended platforms, plank bars and tower—without requiring additional space.

4

Stunning Beauty

Clean, uncluttered iconic design makes a statement in all Pilates spaces. Recognized worldwide as the epitome of sophistication and performance.

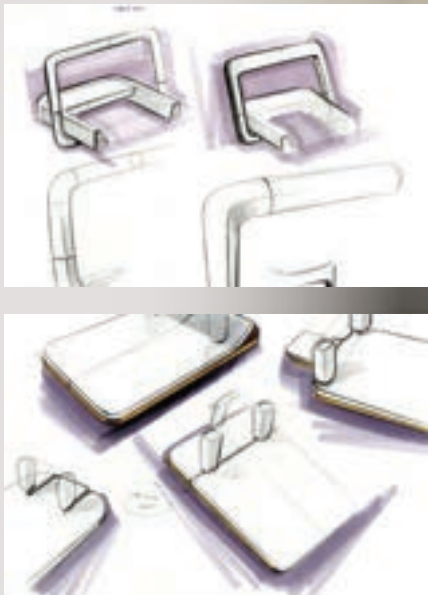
5

Warranty & Guarantee

Industry-leading 10-year warranty supported by Balanced Body's US-based customer service, technicians and robust online "how to" video library.

THE ONE AND ONLY ALLEGRO 2

Stunning design. Infinity Footbar® with 36 positions. Insanely smooth ride and easy transitions. Unparalleled performance. Every day, every workout.



Left: Original sketches of the concepts for the Infinity Footbar and removable shoulder rests.

There is only one Allegro® 2 Reformer and it's only available from Balanced Body®.

Introduced in 2011, the Allegro 2 Reformer is lauded for setting a new standard in Pilates Reformers. We spent over two years perfecting the Allegro 2's iconic design, innovative features and superior performance, to ensure it meets the needs of our most discerning clients. We filed patents and trademarks with governing bodies around the world to protect against imposters.

That's why every real Allegro 2 Reformer bears the Balanced Body name. Our customers know that buying from us is a partnership that generates revenue, ensures resale value, and includes industry-leading customer service, warranties and guarantee.



High-quality craftsmanship, materials and attention paid to every detail. Proudly made in the USA.

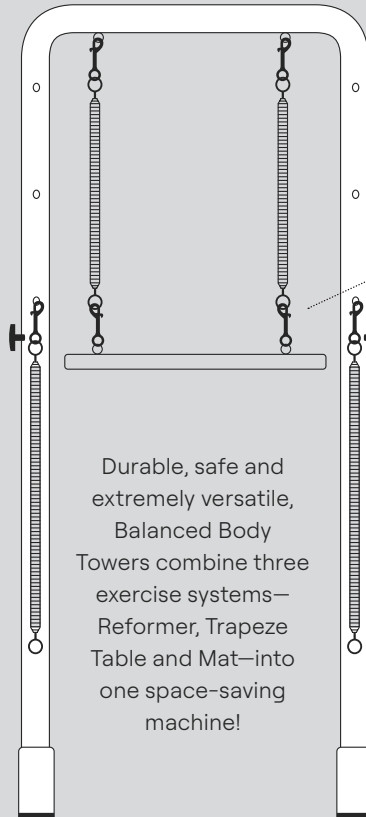
Reformer & Tower

Why use a tower?

- ✓ Gain 80% of full Trapeze Table exercise repertoire in same Reformer footprint
- ✓ Perform mat workouts on either side of the Tower to train effective functional movement patterns
- ✓ Add integrated exercises with the moving Reformer carriage

Towers are available for Studio, Allegro Nextgen, Allegro® 2, Bravo, Rialto®, Clinical, CenterLine® and Contrology® Reformers.

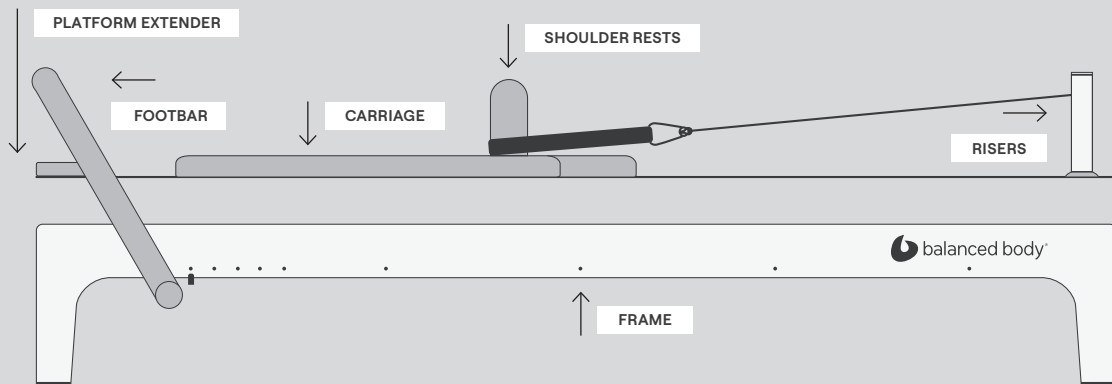
Tower



Roll-Down Bar



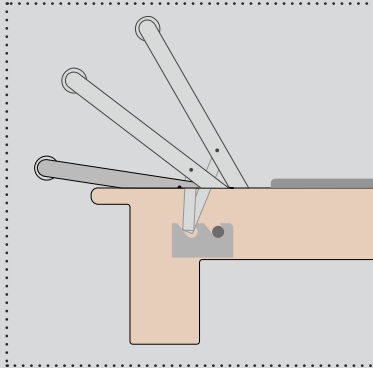
Push-Through Bar



Footbars & Springbars

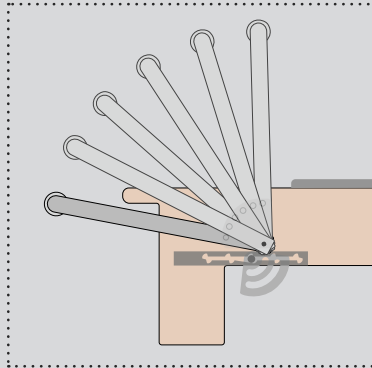
FOR STUDIO REFORMER®

Classic Footbar/
No-Roll Springbar



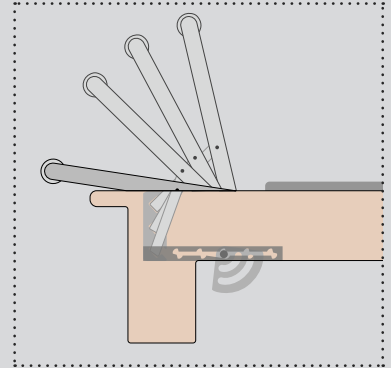
3-position footbar with patented no-roll springbar that adjusts resistance 2x with no rotation.

XSR Footbar™ and
Revo Springbar™



Extra-wide footbar for expanded foot placement. 6 easy-to-reach, secure footbar locking positions. Carriage, springbar and footbar move simultaneously. This enables you to easily adjust the distance between the carriage and the footbar, without moving the footbar!

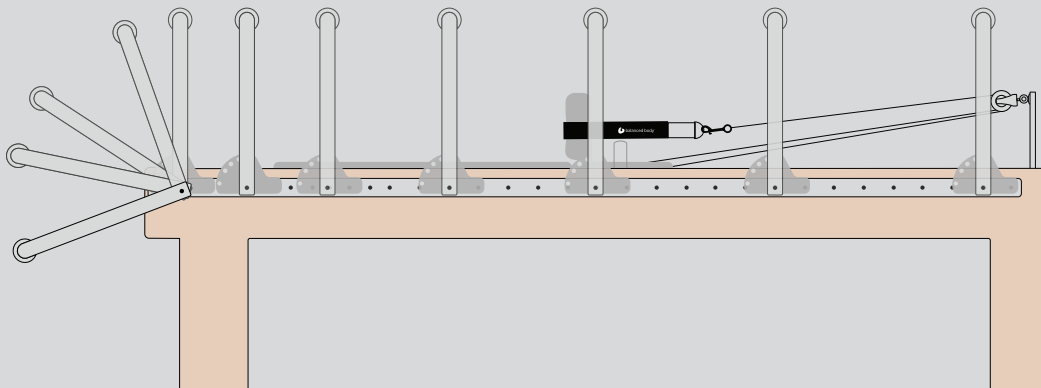
Revo Adjustment System



4-position footbar with easiest, most versatile Springbar system. 2x spring resistance adjustment. Carriage, springbar and footbar move simultaneously. This enables you to easily adjust the distance between the carriage and the footbar, without moving the footbar!

Infinity Footbar® and Choice of Springbars

Infinity Footbar is widest available and has 5 vertical and 31 horizontal locking positions, running the entire length of the frame. Unmatched adjustability and extra-wide surface support broadest range of exercises.



Studio Reformer®

FROM THE COMMUNITY

The Studio Reformer is a beautiful Reformer. Very solid and sturdy. Easy to set up. Low maintenance. Fantastic to workout on.

LEAH H.

Our Studio Reformer is strong, durable and a timeless beauty. Fully adjustable and incredibly comfortable, it feels like an extension of your body.

OPTIONAL UPGRADES

- ✓ Tower & Footbar/Springbar on p. 14
- ✓ Optional Accessories on p. 50
- ✓ Custom Wood Options on p. 49



FEATURES

- ✓ Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Smooth, quiet ride provided by precision carriage system. Longest standard carriage ride in the industry at 41" (104cm)
- ✓ Gorgeous solid Strata Maple frame
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Choice of adjustable footbar and springbar systems: XSR Footbar™ and choice of Springbars, Revo Footbar® and Revo Springbar™, Classic Footbar/No-Roll Springbar, Infinity Footbar® and choice of Springbars
- ✓ Precise, non-slip adjustments with ropes, cleats and Single Cotton Loops
- ✓ TwistLock™ removable shoulder rests
- ✓ Includes: Sitting Box, footstrap, 1 pair neoprene handles and loops
- ✓ CE-approved medical device

🎥 Free streaming at [video.pilates.com](https://www.video.pilates.com)



Shown: Studio Reformer with Pilates Arc

12168	Reformer with Classic Footbar/ No-Roll Springbar
11931	Reformer with Revo Footbar/ Revo Springbar
16737	Reformer with XSR Footbar/ Revo Springbar
12000C	Reformer with Infinity Footbar/ Revo Springbar
11949	Reformer with Tower & Mat

Limited Lifetime Warranty

The Stretch Studio Reformer is also available for an upcharge. The frame on Stretch Studio Reformer is 6" longer than the Standard Studio Reformer. Call to order.



↑ Upholstery: Black | Wood: Solid Strata® Rock Maple



NEW!

Sophistication. Performance. Sustainability.

BRAVO

Reformer™

FEATURES

- ✓ Durable, eco-friendly frame made from 256+ recycled plastic bottles
- ✓ Adjustable 4-position One-Step Springbar with open hook spring attachment
- ✓ Newly designed 4-position footbar with smooth vertical adjustment
- ✓ Proprietary foam-padded carriage, headrest and shoulder rests
- ✓ Premium vinyl upholstery stocked in Dove, offered in a wide range of colors
- ✓ SoftTouch® Double Padded Loops and rope system
- ✓ Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Adjustable and removable shoulder rests
- ✓ Adjustable 3-position headrest
- ✓ 2 fixed height options for risers to accommodate different users and exercises
- ✓ Wide non-slip integrated platform at the footbar end of the frame
- ✓ Transport wheels for easy portability
- ✓ Includes: Upholstered Sitting Box, Cotton Footstrap, Double Padded Loops
- ✓ CE-approved medical device

▶ Free streaming at video.pilates.com

18776 Bravo Reformer
18997 Reformer with Tower & Mat
18969 Tower & Mat Retrofit Kit
19040 Platform Extender
19041 Extended Head End Platform
18755 Jumpboard

10-year Limited Warranty

Expand Your Reformer

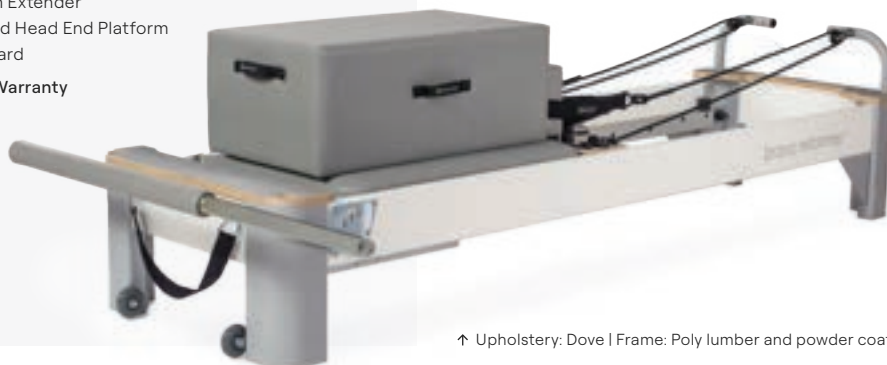
Progress your movement repertoire with the Bravo Platform extensions.



Platform Extender



Extended Head End Platform



↑ Upholstery: Dove | Frame: Poly lumber and powder coated aluminum



Pilates in the Big Leagues

Q&A with Robyn Cohen, Movement & Mobility
Specialist, Cincinnati Reds

Photos courtesy of Bobbi Sue Photography

What is your role with the Reds?

My role falls under the umbrella of the Strength and Conditioning department. It's a unique position created to utilize my rare skill set within baseball, allowing me to be with the team during spring training, at home, and on the road, thanks to Balanced Body's portable Metro IQ® Reformer.

How did you become one of the first Pilates coaches in the MLB?

My journey into baseball was unexpected. I began my career as a dancer and a magician's assistant (honest) while also teaching Pilates to physical therapy patients and aiding in rehabilitation through all Pilates apparatus. My introduction to MLB started with former Los Angeles Dodgers outfielder Joc Pederson, who sought out Pilates for core strength, durability, and overall athletic performance. Through him, I began working with several Dodgers players, supplementing their training needs. In the 2019 trade between the Reds and Dodgers, Matt Kemp, Kyle Farmer, Yasiel Puig, and Alex Wood campaigned to bring me to the Cincinnati Reds, leading to my evolving role with the team.

What made the Reds interested?

The Reds were able to witness my skill set during the 2019 spring training and quickly saw the benefits of Pilates through the players I had previously worked with. There's no bigger compliment than players attesting to your work and the benefits they have received. I was able to help the organization by working with targeted players who needed my help from a rehabilitation, maintenance, and performance standpoint. Baseball is an asymmetrical sport, and Pilates helps expose deficiencies while providing balance challenges, flexibility, and strengthening the

smaller intrinsic muscle groups that are often ignored, maintaining proper body alignment and awareness. When players showcased their improved athletic performance, the Reds recognized the value I could bring to the team.

Why did you choose the Metro IQ Reformer machine by Balanced Body? What do you like about it?

We have a Studio Reformer® in the clubhouse. But yes, I chose the Metro IQ Reformer for the road because of its portability and efficiency. It is perfect for my needs as it is compact enough to travel with the team, the backend telescopes into itself, has wheels, and weighs only 85 lbs., but still provides the full functionality required for comprehensive and creative Pilates sessions. The versatility and ease of transport have been game-changers for my work, allowing me to continue in any city we travel to.

What is the main thing you work on with players?

The main focus of my work with players is on individualized programs that address core strength, flexibility, and movement efficiency for each baseball position. Each player/position has unique needs, and I tailor the sessions to meet those specific requirements, ensuring they can perform at their best. For example, we have starting pitchers who throw every 5 to 6 days, and I help organize their workweek, mapping out what I focus on with them, while also considering their work with the strength and conditioning coaches and pitching coaches. Some of our more vigorous core sessions are primarily focused at the beginning of the workweek, with lighter mobility and activations as they near their start date. We also have relievers who can pitch multiple days in a row and must be ready to go at a moment's notice. With the relievers, I work in lower volumes and intensity but more frequently, similar to position players who can also be in the lineup every day. With baseball being a unilateral sport and players rotating in one direction, much of my focus is geared toward the thoracic spine to target lengthening and restoring range of motion to the non-dominant side of the body. Not everything is always targeted toward strengthening; some of my work entails recovery. After a starting pitcher's outing, the following day, I utilize Thai Yoga bodywork techniques to help relieve muscular tension and steer them toward a parasympathetic state to elicit full-body recovery. Position players spend a lot of time on their feet and often hold tension in their legs and lower back. My goal is to help them maintain quad, hamstring, glute, and adductor balance and functionality. With catchers,

I focus on ankle and hip mobility, specifically ankle dorsiflexion, and hip internal rotation and extension due to the nature of the crouched position that is held for a long duration.

What kind of results have you seen? Is there a particular player success story you can share?

Baseball is extremely humbling and results are subjective, but ultimately they are measured by the goals set forth by the player. Some players see me to help with pain reduction, others for increased mobility and core strengthening. For instance, I was able to assist Hunter Greene when he was rehabbing during the 2023 season. I emphasized strengthening and stabilizing his glute medius and minimus, as well as getting better function from his transverse abdominus. He has done a great job of keeping up with his core routine that he learned during that period, which led to a strong first half of the 2024 season. Through his hard work, Hunter earned himself a selection to the 2024 All-Star game. It's very rewarding for me when I see a player increase their capacity to sustain a longer Pilates routine mid-season, going deeper into the work as their stamina builds.

How often do you have sessions?

I have sessions with the players daily before games. My work begins about six hours before game time, and I'm usually done by the time the game starts. I have created a video library to send players clips of specific stretches, strengthening, and mobility exercises to help them maintain their routines.



A woman with dark hair, wearing a white tank top and brown leggings, is lying on her back on a Pilates reformer machine. She is holding the black handles of the machine with both hands, and her legs are extended upwards, with one leg straight and the other slightly bent. The background is a brick wall and a window on the right side.

NEW!

Allegro Nextgen

Reformer™

Innovative. Powerful. Best In Class.

FEATURES

- ✓ Infinity Footbar® with 10 horizontal and 4 vertical positions
- ✓ Ergonomic footbar plungers that don't get in the way while teaching
- ✓ Thick, strong, stable risers stand up to the rigors of dynamic Reformer work
- ✓ Redesigned Leg & Wheel Kit for ease of assembly
- ✓ Upholstered carriage with tapered edges for easy gripping
- ✓ Smooth, quiet carriage ride: 8-wheel suspension system; 4 vertical wheels and 4 adjustable side wheels
- ✓ Premium vinyl upholstery and industry-leading foam padding on carriage
- ✓ Signature Springs™ (3 red, 1 blue, 1 yellow)
- ✓ Integrated transport wheels
- ✓ 3-position headrest and cervical pad
- ✓ CE-approved medical device

▶ Free streaming at video.pilates.com

-
- 19053 Allegro Nextgen Reformer
 - 19059 Reformer with Legs
 - 19062 Reformer with Tower and Mat
 - 19057 Tower and Mat Retrofit Kit
 - 12466 Extended Head End Platform
 - 19081 Platform Extender
 - 19115 Padded Jumpboard
 - 19208 14" Legs Retrofit Kit

Limited Lifetime Warranty

Expand Your Reformer

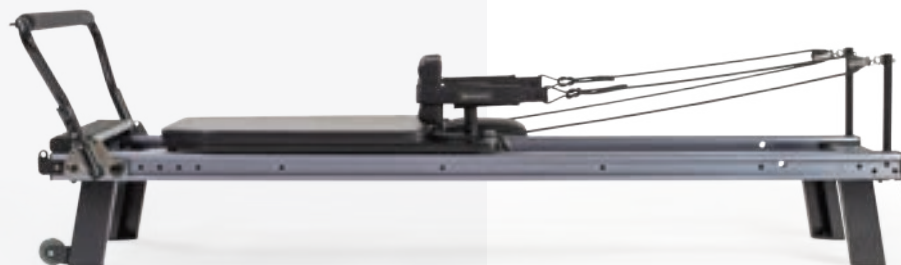
Super charge your Allegro Nextgen Reformer's potential with accessories!



Tower and Mat Retrofit Kit



Padded Jumpboard



Rialto® Reformer

Quality Craftsmanship. Innovative Design. Powerful Performance.

FROM THE COMMUNITY

Great choice for my home studio. I like the combo look of wood and metal and the add-on option of plank bars. It operates quietly and smoothly. I'm very pleased.

SARA F.

FEATURES

- ✓ Beautifully handcrafted solid maple frame with extruded aluminum legs—standard 14" (36cm) frame height
- ✓ Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Balanced Body's hallmark quiet carriage ride with no bumps or squeaks
- ✓ Platform with non-skid surface
- ✓ Medium-density over-molded padding on carriage, headrest and shoulder rests for added support
- ✓ 5-position footbar with 1-step for easy vertical adjustments and 3-position No-Roll Springbar
- ✓ Quick-adjustment ropes and cleats after positioned
- ✓ 3-position removable shoulder rests (normal, wide and removable)
- ✓ Includes: SoftTouch® Single Cotton Loops, Sitting Box Lite and footstrap
- ✓ CE-approved medical device

OPTIONAL UPGRADES

- ✓ Tower & Footbar/Springbar on p. 14
- ✓ Optional Accessories on p. 50

▶ Free streaming at video.pilates.com



Shown: Rialto Reformer with Plank Bars

16088 Rialto Reformer
16563 Padded Jumpboard
16458 Plank Bars
17874 Platform Extender
16947 Loop Hooks
5-year Limited Warranty



↑ Over-molded foam: Black | Frame: Solid Strata Rock Maple and powdercoated aluminum

Metro IQ® Reformer

Our only Reformer designed specifically for the home, the Metro IQ features Balanced Body Signature Springs™ and components, enabling you to do your Reformer work where you choose!



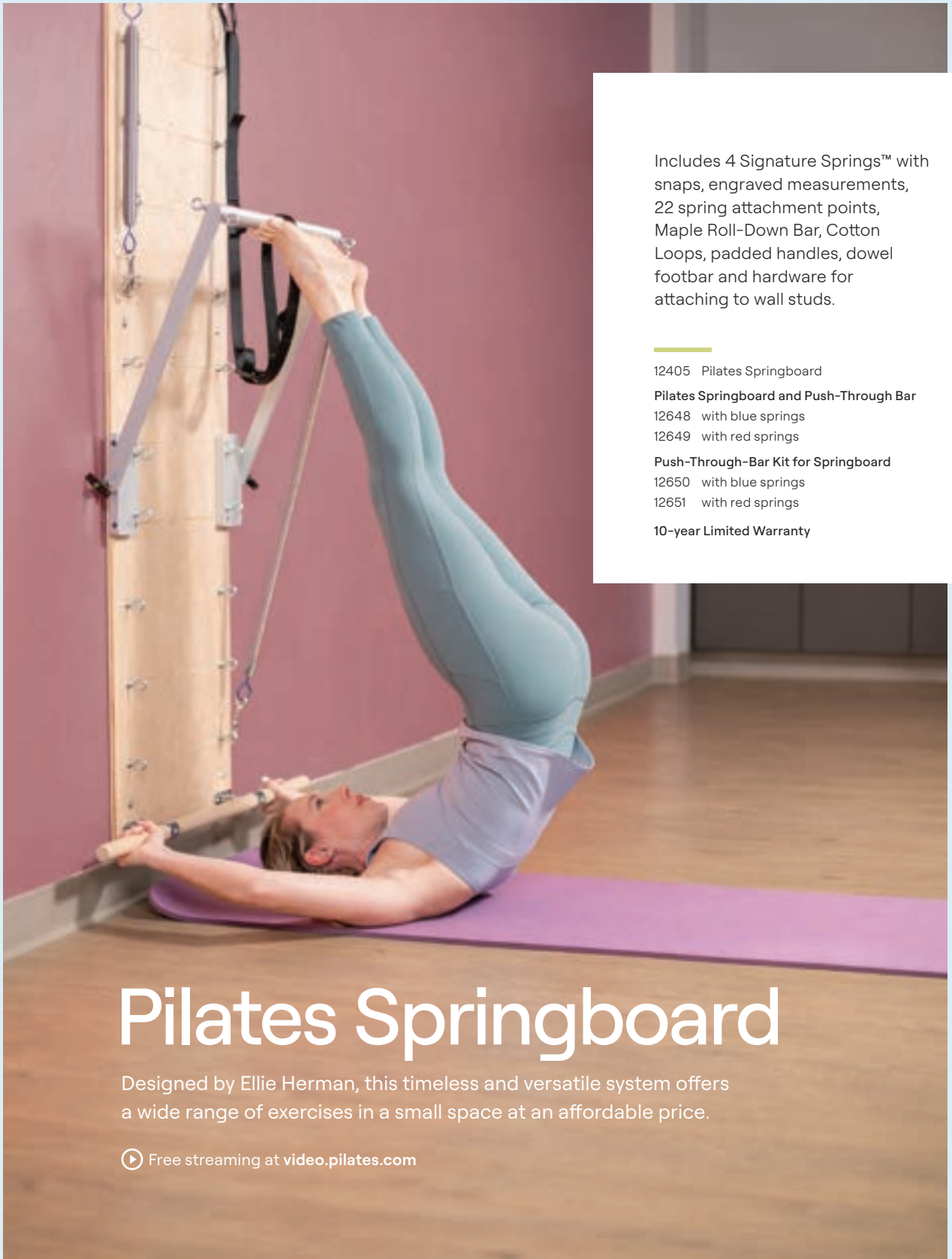
FEATURES

- ✓ Patented seamless telescoping frame with no frame joints for a smooth carriage ride
- ✓ "Telescoping" frame lengthens for use to 98" (249cm), and shortens to 62" (157.48cm) for storage
- ✓ Safe and comfortable for all size bodies
- ✓ Choice of transport wheels:
Wheelbarrow - transport wheels for easy flat/under bed storage, and
Library - transport wheels for easy upright/in-closet storage
- ✓ SoftTouch® Rope System with no metal for a quieter experience

▶ Free streaming at [video.pilates.com](https://www.pilates.com)

17860 Reformer with Library Wheels
17861 Reformer with Wheelbarrow Wheels
11986 Padded Jumpboard

2-year Limited Warranty for home use.



Includes 4 Signature Springs™ with snaps, engraved measurements, 22 spring attachment points, Maple Roll-Down Bar, Cotton Loops, padded handles, dowel footbar and hardware for attaching to wall studs.

12405 Pilates Springboard

Pilates Springboard and Push-Through Bar

12648 with blue springs

12649 with red springs

Push-Through-Bar Kit for Springboard

12650 with blue springs

12651 with red springs

10-year Limited Warranty

Pilates Springboard

Designed by Ellie Herman, this timeless and versatile system offers a wide range of exercises in a small space at an affordable price.

▶ Free streaming at video.pilates.com

Ron Fletcher Reformer™

Beautifully crafted for Fletcher Pilates studios, teaching centers and for use at home.

- ✓ Design is based on plans given to Pilates Elder Ron Fletcher by Clara Pilates
- ✓ Built-in platform, No-Roll Springbar, 3 footbar positions, Standard Sitting Box, Wool Fuzzies and leather straps

12260C Ron Fletcher Reformer

Limited Lifetime Warranty



↑ Upholstery: Black | Wood: Strata® Rock Maple | Leather Straps



Ped-o-Pull

A simple yet versatile tool to develop core strength, posture and balance.

- ✓ Includes 2 Signature Springs™, neoprene handles, and optional secure wall brackets.
- ✓ The maple-faced hardwood laminate base is 1.5" (4cm) thick with your choice of square or kidney-shaped.

12347 Ped-o-Pull Square Base

12348 Ped-o-Pull Kidney-Shaped Base

10-year Limited Warranty

Wall Tower

Efficient. Effective. Space Saving. Affordable.

Trapeze Table functionality in a compact space, featuring chip-resistant stainless steel frame, 8 Signature Springs™ with snaps, 3-sided anodized aluminum Push-Through Bar with 8 vertical positions and 23 spring attachment points.

Includes a Maple Roll-Down Bar and pair of Cotton Loops. Installation hardware not included.



REFORMER PILATES

Turbo Charges Revenue at the Thames Club

In 2022, The Thames Club introduced a dedicated Reformer Pilates studio offering a range of classes for all abilities. Since then, the classes have been consistently over-subscribed, creating a new revenue stream that has now reached its limit, prompting the development of a new, larger studio that will support the demand and optimize the revenue potential.

Located just west of central London, The Thames Club is a multi-service health club with a reputation for innovation. In 2018, The Club introduced a dedicated Hot Yoga Club within the footprint of the existing club, creating a completely standalone brand and membership in recognition of a growing demand for a more holistic approach to health and wellbeing.

The Hot Yoga Club has been a huge success, growing the total membership base and driving new revenue. In a bid to continue to grow the appeal, evolve the offering and optimize revenue, in 2022, Managing Director, Peter Williams, and Studio Manager, Laura Hedges, added Reformer Pilates to the timetable.

This new Reformer Pilates studio measured just 5m by 7m, and was created by re-imagining the under-utilized ground floor lounge area, making room for five Balanced Body® Allegro® Reformers.



REVENUE CASE STUDY: THE THAMES CLUB, BERKSHIRE

Laura Hedges explains, "We launched the timetable with around 20 classes a week. We now run 32 classes each week, and have doubled our weekend offering. Since adding Reformer Pilates, we have seen a significant uplift in new income from non-members buying ad hoc sessions, class 'bundles' and monthly memberships.

"Overall, Reformer Pilates has increased our revenue by 35-40% per month. Although we had an initial outlay to purchase the Reformers,

maintenance on the Allegro Reformers is minimal. All income now, aside from paying our instructors, is profit. It's hard to imagine any other service that could deliver such an impressive return on such a small floor space in a short period of time!"

The size of the Reformer studio was struggling to satisfy demand, with most classes attracting a waiting list. With the small 5 Reformer studio at capacity, Peter and Laura have created a larger studio on the first floor, next to the Hot Yoga Studio.

Peter explains: "We were hosting a connected full-body training circuit in a room upstairs that we relocated downstairs into the current Reformer Pilates studio. This has created a dedicated studio large enough to host eight Allegro Reformers, increasing our class capacity by up to 50% and significantly growing our income potential."



"Overall, Reformer Pilates has increased our revenue by 35-40% per month."



Scan for Pricing
and Details



Chairs

Elevate your practice with our Pilates Chairs: versatile, space-saving equipment for strength, flexibility and balance. Also great for group chair classes!

▶ Free streaming at video.pilates.com

EXO® Chair

- ✓ Lightweight, sturdy, and easy spring changes with Cactus 2.0 Resistance System.
- ✓ Features 2 heavy springs, 14 resistances and 8 positions. Split pedal comes with a dowel to convert to a single pedal.

12458 EXO Chair with split pedal
12456 EXO Chair with single pedal
12609 Functional Resistance Kit, Light
12610 Functional Resistance Kit, Heavy

5-year Limited Warranty

Pilates Arm Chair

- ✓ Offers support for posture and proprioceptive feedback. Constructed of durable solid maple with premium upholstered seat and back.
- ✓ Includes 4 Signature Springs™ and a pair of neoprene handles.

12328C Pilates Arm Chair

10-year Limited Warranty



Combo Chair

- ✓ Features removable handles with 4 positions and option of single or split pedal for rotational and reciprocal movements.
- ✓ Includes 4 springs, easy transport wheels and padded non-slip pedal covers.

12324 Combo Chair with handles

12530 Combo Chair with back

10-year Limited Warranty

Wunda Chair

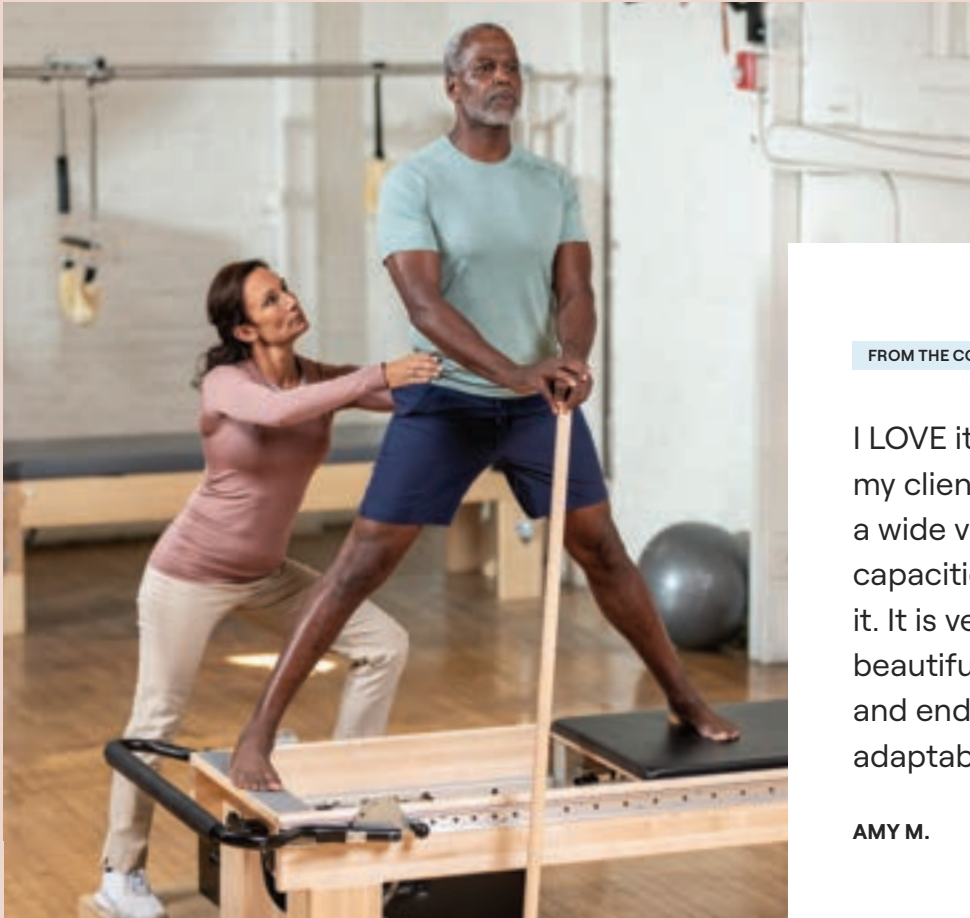
- ✓ Converts to an everyday sitting chair and offers widest range of resistance for a single pedal chair.
- ✓ Includes padded non-slip step, cut-out hand grips, and 2 heavy springs with 8 resistance levels.

11996 Wunda Chair

12528 Wunda Chair with back and handles

10-year Limited Warranty





FROM THE COMMUNITY

I LOVE it. All of my clients with a wide variety of capacities use it. It is versatile, beautiful, smooth, and endlessly adaptable

AMY M.

Clinical Reformer®

We worked with rehab professionals to make the Clinical Reformer a versatile and effective treatment tool. It is now the gold standard among clinicians worldwide.

- ✓ Adjusts to ergonomically correct positions for all users
- ✓ Includes Infinity Footbar® with 5 vertical and 31 locking positions, Revo Springbar™, TwistLock™ removable shoulder rests, Standard Sitting Box, Padded Jumpboard, and Platform Extender
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ CE-approved medical device

▶ Free streaming at video.pilates.com

12244 Clinical Reformer

Limited Lifetime Warranty.
Approved medical device (Class 1).

Reformer Trapeze Combination™ (RTC)

Perfect for Reformer and Trapeze work in a limited space, the RTC blends our Studio Reformer® with our Trapeze Table in one versatile apparatus.

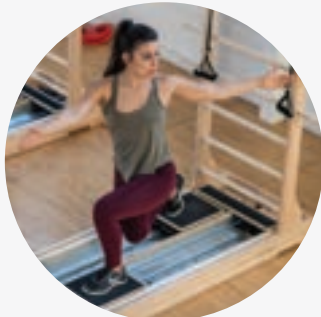
- ✓ Features a stainless steel canopy with smooth-sliding horizontal and vertical crossbars, retractable 4-position metal risers for quick mat conversion and Maple Roll-Down Bar
- ✓ Anodized aluminum Push-Through Bar with slider system adjusts to 3 heights
- ✓ Includes 12 Trapeze Signature Springs™, 5 Reformer Signature Springs, canopy loops, Lambswool Fuzzies, adjustable thigh and ankle cuffs, Standard Sitting Box, and more
- ✓ CE-approved medical device



Large Upholstered Wedge

Large Upholstered Wedge fits between shoulder rests on Balanced Body Reformers. Gentle 12-degree incline for those with shoulder or neck injuries, or those who can't lie supine.

▶ Free streaming at [video.pilates.com](https://www.video.pilates.com)



CoreAlign®

Learn more at p. 38



PilatesAngle®

Learn more at p. 64

ALL ^{IN THE} PT FAMILY

From the Balanced Body® Editorial Staff

Chrissy Romani-Ruby became a Balanced Body® legend over two decades ago. Dave Littman, our International Sales Manager, was then at a trade show booth expecting to meet a model to demo what was basically new (for the fitness industry at the time) Pilates equipment. The model never showed.



Right to left: Craig, Daryle, Cassie, Chrissy.

Dave was getting more than a bit panicked when a woman walked up out of the blue and told him she could do demos and then smoothly proceeded to kick butt the entire day. That was Chrissy. And her relationship with BB, and vice-versa, was cemented.

Chrissy is a Physical Therapist. She found Pilates as a way to get back in shape after a difficult pregnancy. This was in the 90s and, as a Pennsylvania resident, finding Pilates was not without challenges. "I had to travel to New York and Washington DC to find it, but I immediately gravitated toward it. The equipment was amazing for my recovery. And I decided to incorporate the method in my business," she says.

That would be a cool "end of story," except that Chrissy isn't the only PT in the family. Far from it. Her husband, Craig, her daughter, Cassie, and Craig's dad, Daryle, are all PTs with Pilates as a core influence.

Chrissy introduced Craig to Pilates in the 1990s, and he felt its emphasis on movement and correcting movement dysfunction was an excellent tool. Cassie was, uniquely, a certified Pilates instructor before she became a PT. "I began training to become an instructor with PHI Pilates when I was just sixteen years old. Throughout PT school and clinical rotations, I found myself prescribing Pilates exercises and using Pilates principles during my cueing and it just stuck" she says.

The interesting question, of course, is do they share clients and what is that dynamic like. The three of them all had interesting answers.

Cassie: "I have shared clients with my mom, and we treat very alike. Sometimes the clients even start calling us by the wrong names and we just go with it! It is nice to be able to bounce ideas off one another, especially when we are working with someone who has a long history of serious injuries or conditions."

Chrissy: "Cassie and I share clients all of the time and I love this dynamic. We definitely have the same approach, but I find she often chooses to tackle goals in a different order. This is never a



"We all recognize that we have different strengths, and we will ask each other to assist when needed. It is a very collegial and collaborative environment."

problem and when we share clients, I don't feel like I have to write down every single step that I plan. She meshes in just perfectly and our clients generally will see either one of us without a problem. Craig and I ran a physical therapy clinic together for about 10 years and we shared clients quite a bit. Actually, when my clients needed certain manual techniques, I would call Craig into the conversation."

Craig: "The three of us always collaborate and bounce ideas off each other. We are always discussing clients to try to determine what is the best treatment approach and to make sure that we are not missing something. We all recognize that we have different strengths, and we will ask each other to assist when needed. It is a very collegial and collaborative environment."

Daryle is not trained in Pilates but has come to rely on it. Retired after a 50-year practice, he takes a class with Cassie once a week to help with his toe replacement, two hip replacements and knee replacements.

"He's a bionic man and still going strong", Chrissy says. "That, ultimately, is what Pilates does."

You can find Chrissy and Cassie (and Daryle) at PHI® Pilates in Pittsburgh. www.phipilates.com

Craig is now pulling long commutes from PA as the Director of Physical Therapy for Southern California University of Health Sciences.

CoreAlign®

Developed for rehab, general fitness, and sport-specific training, CoreAlign provides mind-body movement, functional exercise, full-body conditioning and neuromuscular retraining.



12477 CoreAlign
12476 Wall Mounted Ladder
12473 Freestanding Ladder
12635 CoreAlign with Wall Mounted Ladder
12636 CoreAlign with Freestanding Ladder
5-year Limited Warranty

Free streaming at video.pilates.com

- ✓ Features independently moving carts with resistance (or assistance) in two directions and soft cart bumpers for a smooth glide.
- ✓ Made with a long frame for up to 42" (107cm) of quiet cart travel, solid wood standing platform and base, and 6 long-lasting resistance tubes per cart (2 each light, medium, and heavy).
- ✓ Includes non-slip and no-skid surfaces, 2 cart stopper blocks, 2 speed bumps, 2 straps and padded handles, and 3 foam pads for extra comfort.
- ✓ Offers standing and prone exercise options.



CenterLine[®] *Suite*

Created in collaboration with
Amy Taylor Alpers and Rachel Taylor Segel
of The Pilates Center in Boulder, Colorado.



Scan for pricing and details

CenterLine Reformer

A traditional Reformer based on original Pilates apparatus, with upgrades.

Cadillac

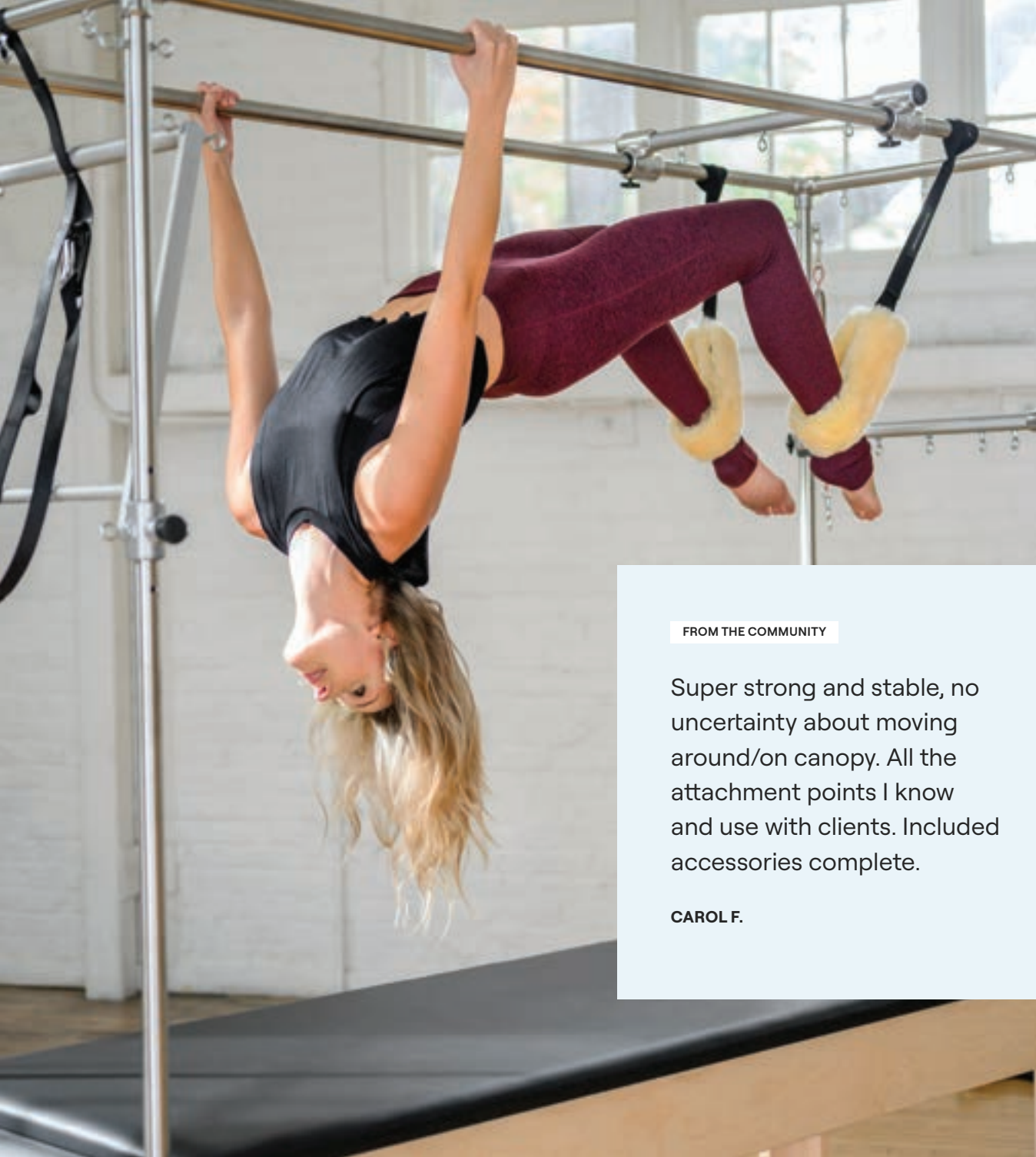
Offers a wide variety of exercises, from spring-assisted sit-ups to acrobatics.

Pole System

A practical, affordable alternative to the Cadillac with similar functionality.

Chair

Lightweight; based on smaller measurements used in original Pilates equipment.



FROM THE COMMUNITY

Super strong and stable, no uncertainty about moving around/on canopy. All the attachment points I know and use with clients. Included accessories complete.

CAROL F.

The Trapeze Table supports fitness and rehabilitation for all ages and abilities. From gentle, spring-assisted sit-ups to advanced acrobatics.

Trapeze Table (Cadillac)

- ✓ 12 rigorously tested Signature Springs™ with snap hooks
- ✓ Engineered for maximum stability, easy adjustment and safety
- ✓ Made with a hand-built hardwood core base with lapped, fitted joints and stainless steel canopy
- ✓ Wider & longer for most body types with a standard 24" (61cm) frame height
- ✓ Features solid Maple Roll-Down Bar with inside hooks, Padded Trapeze Bar with padded spring sleeves and adjustable thigh and ankle cuffs
- ✓ Anodized aluminum Push-Through Bar with slider system adjusts to 3 heights
- ✓ Includes horizontal & vertical slider bars, Cotton Canopy Loops with soft Lambswool Fuzzies, belly strap for positioning, cotton single loops, safety strap and carabiner
- ✓ Pre-drilled table base for optional face rest
- ✓ CE-approved medical device
- ✓ Optional Accessories on p. 50

▶ Free streaming at video.pilates.com

15278 Trapeze Table (Cadillac)

Limited Lifetime Warranty on frame only



↑ Upholstery: Black

Step Barrels: Find your curve.



East Coast Baby Arc

A strong, comfortable exercise tool with premium padded upholstery over wood base.

12357



West Coast Baby Arc

Padded and upholstered top over wood base. Stackable; easy to move and store.

12355



Clara Step Barrel Lite

Namesake design honoring classical Pilates. Made of lightweight, high-density foam.

16598



East Coast Step Barrel

Comfortable, gentle arc radius and rounded step. Integrated metal handles included.

12351

The versatile Balanced Body® Step Barrels are designed to enhance flexibility, strength, and mobility, offering dynamic support for full-body workouts.

Swan or Mermaid?
Our Ladder Barrel
comfortably supports
all of your moves.

Ladder Barrel

15266



Our proprietary adjustment system enables you to easily change the distance between ladder rungs and barrel. Press, slide, and release. This simple solution will change your Barrel exercises forever!

Scan for Pricing
and Details



BAAN STUDIO

KUWAIT CITY, KUWAIT

Baan Studio, nestled in the heart of Kuwait City, stands as a testament to the passion and dedication of its founder, Mai Alshaya. A fervent believer in the transformative power of Pilates and education, Mai embarked on a journey not only to fulfill her personal dreams but also to contribute to the well-being of her community. Through deep immersion in Pilates, she earned credentials from Balanced Body's certification courses. With no local opportunities for Balanced Body certification in Kuwait, Mai traveled a great distance to gain the necessary expertise, fully immersing herself in Pilates through intensive training.



In May 2023, Baan Studio opened its doors, offering a warm, inviting atmosphere that seamlessly blends modernity with natural elements. Expansive windows flood the studio with natural light and showcase breathtaking views of the Arabian Gulf and Kuwait City, enhancing the mind-body connection crucial to Pilates practice. This harmonious environment fosters both tranquility and vitality, creating an ideal setting for physical and mental well-being.

From the outset, Baan Studio was envisioned as more than just a place for exercise; it was designed to be a center for learning and personal growth. In May 2024, the studio began offering Balanced Body Pilates education to the Kuwaiti community, driven by the belief in empowering individuals through knowledge and practice. Clients are drawn to the studio's peaceful atmosphere, thoughtful design and personalized support, all reflecting Baan Studio's commitment to their comfort and well-being.

Today, Baan Studio is recognized as one of Kuwait's premier Pilates studios, continually pushing the boundaries of what a Pilates space can offer. It serves as a vibrant hub of inspiration and connection, inviting everyone to embark on and deepen their Pilates journey. With unwavering commitment to creating a sanctuary where bodies are strengthened, minds are nurtured and spirits are uplifted, Baan Studio stands apart, fostering a loyal community of clients who return time and again.





GROVE PILATES AND BOUTIQUE

FALLBROOK, CALIFORNIA

At Grove, the studio's vision began simply: build a sanctuary that elevates Fallbrook. The founders wanted a haven where clients and employees feel daily joy, breathe easier and shed routine at the door. Community sat at the center, with an invitation to gather around personal growth.

Pilates itself shaped the design. Though graceful to watch, it is deceptively demanding; Grove embraces that duality. The room feels light and serene, yet every element supports a practice that challenges. Materials stay fresh but unfussy, keeping focus on breath, control and precision.



To translate vision into reality, Grove partnered with CLG Interiors, a mother-daughter team that practices Pilates. Their touch is calm and assured: spaces flow, sightlines open and corners invite pauses between classes. They design for movement and restoration in equal measure, prioritizing comfort and productivity without losing warmth. The result is welcoming and personal; many say it feels like home on the first visit.

What happens inside gives the space its heartbeat. Exceptional instructors lead with distinct voices, contributing to the rich diversity that defines Grove. They avoid a single teaching methodology, encouraging members to explore varied approaches. State-of-the-art Balanced Body equipment anchors the work; Reformers at clinical height expand options and support accessible progressions. Around the equipment, a community-minded clientele turns shared effort into conversation, and conversation into connection.

Clients notice the details. The palette is sophisticated and timeless; subtle technology uplifts the experience: an arched mirror evokes elegance, discreet LED lighting softens edges, and an arched window links the group space to the boutique, giving the environment cohesion. The Reformers deliver a refined ride, but the instructors remain the studio's greatest asset—steady, knowledgeable, and generous with encouragement.

Looking ahead, Grove is extending its reach with a YouTube channel and an online platform for on-demand mat Pilates, welcoming movers nationwide and abroad. Follow along on Instagram and TikTok as the community grows, whatever your practice level.



Q&A WITH ILIZA SHLESINGER

From the stage to the Pilates studio: Comedian Iliza Shlesinger shares how Pilates keeps her balanced, strong, and ready to deliver laughs around the world.

How/why/when did you “discover” Pilates?

Like most millennial women, I had had my share of “ClassPass” Pilates. I would take a class if someone suggested it but I would have done that as easily as a yoga class or... getting ice cream. It was just something to do with friends. But after I had Sierra (my daughter, my first baby) I wanted to get back in shape and my manager told me about this woman she was seeing for private Pilates who, “made my body slurp”. And she made that slurp noise you use to describe when your body goes from mushy to tight, haha, and I knew I wanted that! So I started doing private mat Pilates classes with Alisha, just postpartum sloppy belly, loose sweatpants, limited mobility workouts and we did that

mat workout for about 8 months. It was so hard but I was in love with the results. It was then that I knew it wasn't just a phase and that I was committed to Pilates as my workout, so per my instructor's advice (since she owns a studio) I bought the Allegro® 2 Reformer. And the rest is a lengthy and toned story...

Did you exercise regularly before you found Pilates? And if so, why did Pilates “stick” as your exercise of choice?

The kicker is, I have always worked out. I played sports in high school and working out was just a part of my life, just something I always made time for - through college and as an adult I just always joined a gym,



found a workout, it's as germane to my everyday as brushing my teeth (if I only brushed my teeth 3-5 times a week and didn't do it when I was feeling lazy). I have no problem building muscle, but what I was lacking was length and tone. I think what I loved about Pilates was it was hard but I felt incredible at the end and I started to see the results in a way that I guess I never really saw with my workouts before because I didn't have a consistent routine and, let's be honest, I guess I wasn't burning that many calories doing the elliptical for 20 minutes every other day. Making the investment to have the Reformer in my home makes working out a cinch because I literally just need to throw on a sports bra and shorts and I can get after it. No travel, no traffic- it's so easy.

How does Pilates help you in your everyday life? And your professional life as a stand-up comedian?

Pilates makes me feel long, it makes me feel strong and I can feel those results when I effortlessly pick up both of my children and my dog. I looked the best I had in my whole life at 40 after about a year of consistent Pilates and so, when I had my son, Ethan, in February, I couldn't wait to get back to it since I knew what my body was capable of. And while Pilates isn't pure cardio, I definitely feel strong schlepping my bags or running through an airport. "Need help with your bag, ma'am?" I say NO THANK YOU! And I launch it across the plane with my pinky.

How do you maintain your Pilates practice "on the go" when touring?

I like doing Pilates on the road, finding a class, because I feel like I'm part of a club. It's great to know I can find a workout almost anywhere and get what I need out of it. I keep a pair of grip socks in my bag at all times just in case the studio I pick requires them. So if I have a day off in a city, I will always find a class and sometimes my team will come with me. I do it so much I even have preferred studios in a few cities. Shout out to Amy at Uncommon Lotus in Las Vegas, she always gives me and my team a restorative workout and she is always so sweet to my dog Tian Fu.

Anything else you would like to share about your Pilates practice and the benefits you see and feel?

If I'm not hunched over my phone, it's over a laptop. If I'm not curled up on a plane, it's in a car. And when I'm not doing those things, I'm running around a stage, so I just appreciate that I've found a workout that combats all that bad posture, that makes me feel strong and long and that I actually enjoy doing. My trainer Alisha Mullaly has taught me the correct way to do all the moves I had been casually doing wrong my whole life and I love knowing I can go into a class anywhere in the world (because you know I found classes when I was on tour in Europe!) and knowing I can move with confidence.

Iliza Shlesinger is an award-winning comedian, producer, actress, author, and podcast host. She has released six Netflix specials and headlines sold out tours around the globe. You can find Iliza on Instagram at @Ilizas.

Customize Your Equipment

Create the look you want with our natural woods and beautiful upholstery colors. Contact us for free color swatches. Color availability subject to change without notice.

Scan for custom options



Use your
Brand Colors!

Upholstery

We use Naugahyde® with BeautyGard®, the finest US-made upholstery material. It wipes clean and resists to scuffing, perspiration, bacteria and stains.

30 gorgeous colors.

↑ Upholstery: Oak, Dove, Sage

Strata® and Select Strata Woods

Shown: Studio Reformer® in Select Strata Walnut



Woods

**Strong, beautiful, environmentally sensitive.
No compromises.**

Proven over 5 decades of field-testing, our woods and construction methods provide enhanced durability to withstand rigorous use. We only buy from FSC-certified suppliers and woods from sustainably managed forests. Limited Lifetime Warranty on all Balanced Body® wood frames.

Strata Woods

Rated harder than beech, oak and pine, with consistent color and grain for a uniform look.



Artisan Maple



Rock Maple

Select Strata Woods

Including Cherry, Mahogany and Walnut, for a distinctive look at home or in your studio.



Walnut



Cherry



Mahogany

Meet the Contour Sitting Box™



Why you need this:

Featuring premium padding and upholstery, our Contour Sitting Box is sized for optimal use to accommodate different body types and teaching styles. No hard edges to interfere with body position and foster a wider range of motion. 3-handled design for easy carrying options.

Pairs best with:

All Balanced Body Wood Reformers, Allegro® 2 and Allegro Nextgen Reformer™

12451

More Sitting Box Styles

Standard Sitting Box

Progress workouts with prone and abdominal strength exercises, side stretching and elevated seated exercise. Premium padding and upholstery. 3-handle design.

12431

Large Sitting Box with Lip

Expansive "lip" provides universal grip areas and more usable movement area during Reformer exercise. Premium padding and upholstery for increased comfort. Fits our wood Reformers.

15637C

Sitting Box Lite

High-density, durable foam. Same functionality as upholstered sitting boxes with rounded edges for increased comfort. Weighs 4.5 lbs (2kg) for easy portability and storage.

15844



Scan to see all of our Sitting Boxes



Shown: Sitting Box Lite with Allegro® 2 Reformer

Balanced Body® Signature Springs™

Field tested for five decades, our patented Springs are proven the best in consistent resistance, strength, and durability. Nickel-plated carbon steel and color-coded for easy visual identification during workout.



AVAILABLE
IN EARLY
2026

Balanced Body DURO Springs™

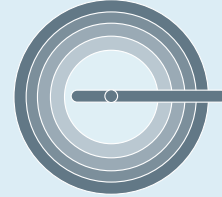
DURO Springs offer the same Signature Spring feel that you love, with thicker wire and larger coils to withstand today's rigorous, high use Group Reformer classes.



EQUIPMENT ACCESSORIES: SPRINGS

Signature Springs™

- ✓ Patented, engineered nickel-plated carbon steel springs
- ✓ Developed to meet Pilates' specific resistance needs and standards. Every spring is tested in our facility
- ✓ Proven safety, durability, and consistent resistance for every workout

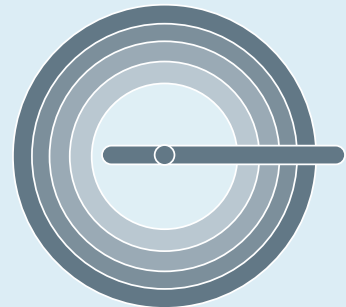


Yellow Spring
Spring Diameter: 1" (2.54cm)

Balanced Body Signature Springs available for our Reformers, Towers, Chairs, Pilates Springboard, Trapeze Tables and Wall Towers. Contact us for Springs for older equipment and specialty applications.

DURO Springs™

- ✓ Specially developed nickel-plated carbon steel springs for dynamic, frequent use Pilates spaces
- ✓ Color coded for easy visual identification during workout (same as our Signature Springs)
- ✓ Proven to withstand thousands of cycles on our proprietary spring testing equipment replicating today's frequent and rigorous Group Reformer programs
- ✓ Industry-leading extended DURO Springs warranty is +1 year longer than our Signature Springs warranty



Yellow Spring
Spring Diameter: 1.60" (4cm)

DURO Springs will be available for Allegro® 2, Allegro Nextgen, Rialto®, Bravo and Studio Reformer®.

Note: Rialto, Allegro and Allegro Nextgen Reformers require a different spring sling to use DURO Springs. Contact Balanced Body for details.



Scan to see all Balanced Body springs



Platform Extenders



Scan to see all our
Platform Extenders

Why you need this:

The Platform Extender doubles the width and depth of our Reformers' integrated platform. This gives you new exercise options to progress your Reformer workout!

Who it's for:

- ✓ Great for athletes and leg strengthening with squats and lunges
- ✓ Excellent stable, grippy and comfortable base for older clients
- ✓ Anyone who wants to incorporate more planking and kneeling into their Reformer work

Pairs best with:

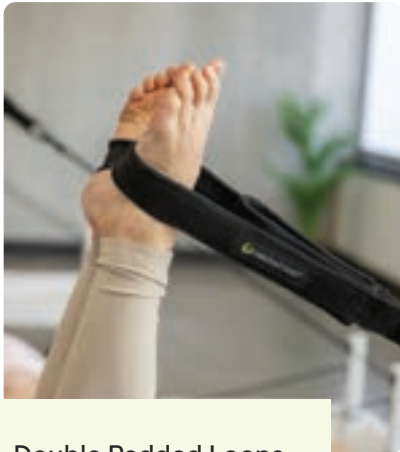
Balanced Body® Gondola Pole, which offers great standing balance support.

Available for Allegro® 2, Allegro Nextgen, Rialto®, Bravo, Clinical, and Studio Reformer®.

Find Your Loop

We like loops. Simple, yet integral to the feel of movement. That's why we offer so many—to provide options that meet all your loop needs!

Make it a **Double.**



Double Padded Loops

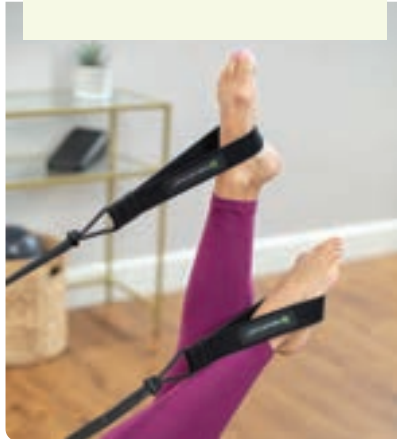
Soft, padded loops for a comfortable grip.

12916

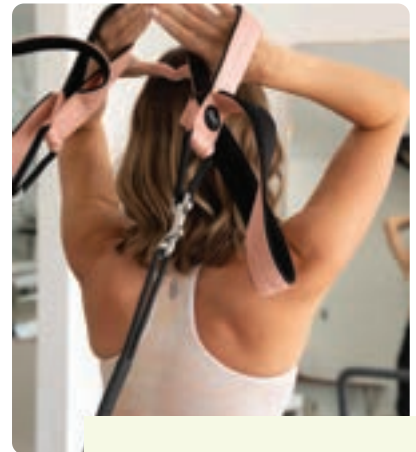
Cotton SoftTouch® Loops

Cushioned lining with soft, quiet rope attachment.

10048



Does it come in **Pink?**



Reformer Premium Loops

Durable, neoprene lined for cushioning comfort.

17999

Sometimes you need a **SoftTouch.**



Handles

Everyone has their favorite handle. Whether you're a D-Ring devotee, SoftTouch die-hard or leather/wood traditionalist, we have the grip you want in your workout!



Scan to see all our Loops

Plank Bars

Gain new options for plank variations and strength building exercises. Our Plank Bars offer 8 positioning options—low and high, wide and narrow—depending on which direction the bars are inserted.



Available for Allegro® 2 Reformer and Rialto® Reformer



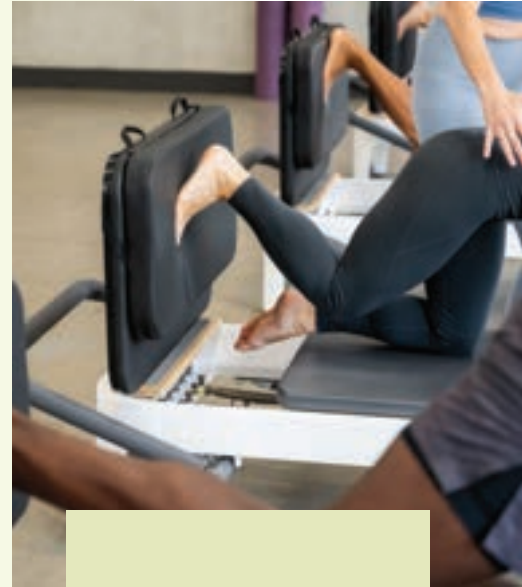
Jumpboards

Padded Jumpboards

Jumpboards add cardio exercise to Reformer work by enabling jumping. Balanced Body Jumpboards provide the largest jumping surface on the market.



Scan for Jumpboard and Cardio Cloud Options



Cardio Cloud™

Create a softer jumping surface over your Balanced Body® Jumpboard.

Available in two sizes.

Towers & Mats

- ✓ Gain 80% of full Trapeze Table exercise repertoire
- ✓ Perform mat workouts on either side of the Tower to train effective functional movement patterns
- ✓ Add integrated exercises with the moving Reformer carriage
- ✓ Work from both sides of the Tower for more exercise options
- ✓ 3-in-1 workout system: Reformer Mat station, Reformer/Tower with Mat, and Tower standing exercises off the Reformer

Durable, safe and extremely versatile, Balanced Body Towers combine three exercise systems—Reformer, Trapeze/Cadillac and Mat—into one space-saving machine!



Scan to see our Tower
& Mat options



Towers are available for Studio, Bravo, Allegro® 2, Allegro Nextgen, Rialto®, Clinical, CenterLine® and Contrology® Reformers.

EQUIPMENT ACCESSORIES



- ✓ Endless exercise options with a single-rope and pulley system and attachment points for all four limbs
- ✓ Specially-designed “quiet ride” pulleys minimize noise while in motion

Konnector®

Called the next evolution in Pilates, Konnector is a single-rope pulley system connecting arms and legs for a full-body workout. Take your Reformer work to new heights!

▶ Free streaming at video.pilates.com

Created by Viktor Uygan of Konnect Method, Konnector takes Pilates to a dynamic new level with independent and simultaneous movement of arms and legs. The single rope system with (4) Tri-loops engages your entire body, providing constant proprioceptive feedback and strong core activation.

**Available for Studio, Allegro Nextgen, and Rialto Reformers.
Contact Balanced Body to buy the correct Konnector kit.
Additional Konnector Reformer Kits will be available in 2026.**



Pilates in Finland began in a small way in the late 1980s when dancers Sinikka Gripenberg and Pirkko Ahjo went to the UK and found a willing Pilates instructor, Christine Hocking, to come to Helsinki and teach a workshop. Although it didn't cause much of a stir at the time, it provided the blueprint for what was to come two decades later.

I was the Finnish Olympic Team and National Ballet physiotherapist, and lived in California from 1996–2000. While there, I was trained in Pilates by incredible instructors like Jennifer Stacey, Madeline Black and Elizabeth Larkam. I met and became friends with Balanced Body® CEO Ken Endelman and even got to visit the plant in Sacramento!

When I returned to Finland in 2000, I was introduced to Marja Putkisto, a Finnish Pilates instructor residing in London and continued my training there. Together, we started a Pilates training mat program (as there was no Pilates equipment in the country at the time). Then Leena Rouhiainen, who had a PhD in Dance Science and was Pilates-trained, joined us as a teacher. In 2003, the very first Pilates studio opened in Helsinki with a BB Reformer, Cadillac, Ped-O-Pul, Ladder Barrel, Spine Corrector and more.

In addition, since I was involved with dance medicine and The Finnish National Opera and Ballet school, I introduced Pilates classes to Ballet dancers in 2000. The classes have continued there ever since with Nina Pastel. This is an important point because the Finnish connection between Pilates and sport has also evolved and grown year after year.



DESTINATION PILATES: *FINLAND*

By Jarmo Ahonen

Physiotherapist, Pilates Educator, Eight Time Olympian

Our top tennis players, runners and more are continually taking Pilates-based training as part of their conditioning.

Education on the rise

Our education program also continued to grow and we started to invite more and more colleagues to begin teaching fellow instructors, as well as those who wanted to become Pilates instructors. There are now somewhere around 700 fully trained instructors for mat and props, plus some 200 for full equipment training in Finland. The estimated number of Pilates instructors with a full length education is approximately 1300. Considering we had two in the 1980s, that number is astounding.

Studios now dot the landscape

Somatic Studio is our flagship studio with a full training program and has the longest experience in Helsinki. That is where many of the Pilates training program teachers work on a daily basis. However, the total number of studios has increased with a full repertoire, like Bay Studios Pilates, Pilates Helsinki, Circle Pilates in Helsinki, Aina on Pilates in Tampere, Heikki Lempiainen's studio in Helsinki, Espoon Pilates Studio in Espoo, Tapiolan Pilates also in Espoo, and many more large and small studios.

What lies ahead?

The reason for Finland's Pilates growth is directly related to the hard work our teachers have put in during the last 25 years. Nothing comes free, so they say. We also have a higher number of qualified candidates than in the past. Having the high quality/quantity ratio has allowed us to increase customer satisfaction and thus, the number of clients in all the studios.

And word has spread far. This year, we aim to start Pilates instructor training program in English and I believe that Somatic Center, Finland Oy is willing to take up that challenge. Many of our teachers have been trained in the USA, Canada and UK. In addition, Nina and I are now starting to train

physiotherapists in a rehabilitation program, which opens up a whole other realm.

The future of Pilates in Finland is very bright. More and more people are learning and understanding the importance and need of Pilates for their wellness. And from year to year, we receive more and more people in our Pilates training program. As we all know, the need for Pilates is so large that there is no shortage of clients who need the training. We just need to find them and convince them that this is the way to better health.

The Pilates Foundation, Finland

The Pilates Foundation, Finland was established twenty years ago. It is a non-profit organization providing its members free online classes and low-cost workshops. The big 20-year anniversary seminar and party was held in September 2024. It is a critical component to ensure that all members have a valid education and excellent teaching skills.

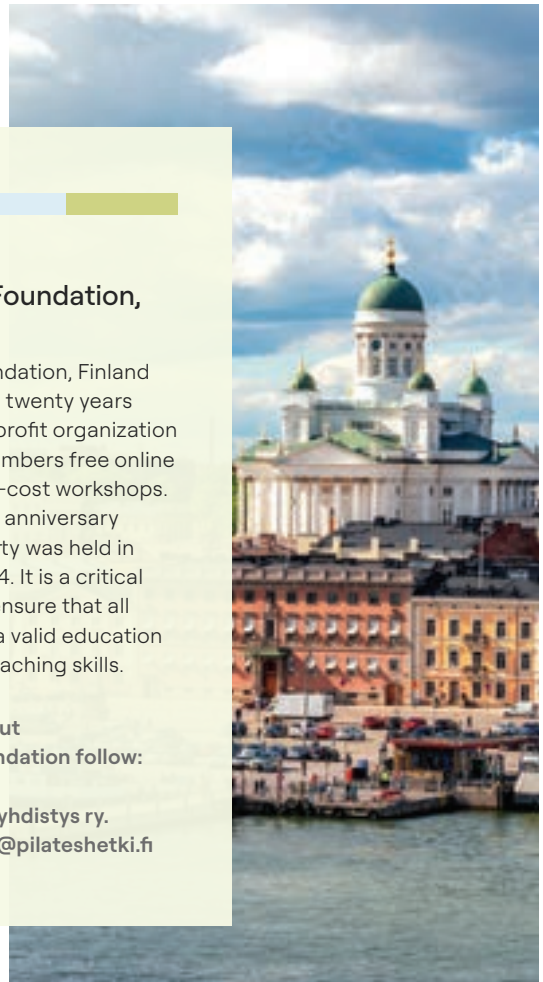
Learn more about

The Pilates Foundation follow:

@katitigi

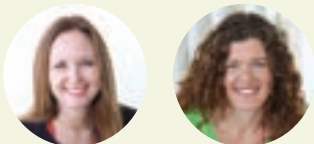
Suomen pilatesyhdistys ry.

kati.kauravaara@pilateshetki.fi



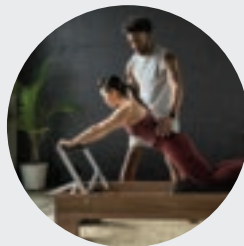
Top 5 Favorite Products

PHYSICAL THERAPISTS



**Allyson Cabot, PT &
Gabrielle Shrier, MPT**

Owners of Core Conditioning



Studio Reformer®



Foam Roller

PILATES INSTRUCTOR



Zayna Gold

NCPT, Balanced Body Educator,
Owner, Boston Body Pilates®

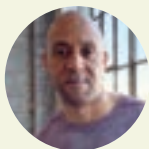


Ultra-Fit Circle® Mini



Reformer Plank Bars

PERSONAL TRAINER



Michael Piercy

MS, CSCS*D, RSCC, PES, XPS,
Owner & Founder, The LAB



**Spinefitter®
by SISSEL®**

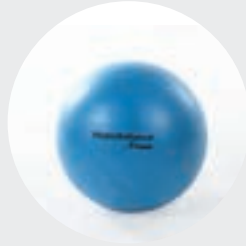


KnotOut

We asked three different movement professionals for their Top 5 products, and here's what they said.



CoreAlign® with Ladder



Togu® Ball



Konnector®



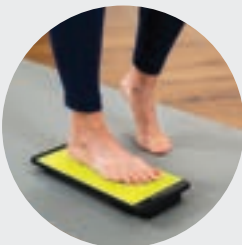
Inflatable Ball



Reformer Jumpboard



Precision Rotator Discs



Naboso®
Kinesis Board



Portable Roller
Massager



Balance Cushion

PilatesAngle®

An innovative, lightweight & highly effective tool that makes Pilates accessible for everyone!

- 18695 PilatesAngle base model
- 18927 Accessory Pack for PilatesAngle
- 18922 PilatesAngle with accessory pack

Featuring an innovative 32-degree incline that makes Pilates Mat and Reformer exercises accessible to people of all fitness abilities.

Adaptive tool created to help Physical Therapists and Pilates instructors work effectively with an array of patients and clients.

Helps expectant mothers stay active and comfortable during pregnancy by preventing flat-back exercises that could limit blood flow and result in dizziness, shortness of breath, or nausea (*According to OrthoCarolina.com).

Dimensions: 24"L x 17"W x 15"H (61cm x 43cm x 38cm), Weight: 2 lbs (0.91kg).



The Aligner® – 3 Ways!

Designed to be used in Pilates equipment and mat classes. Made in USA from dense, molded foam.

On the **Reformer**



On the **Mat**



On the **Chair**



This prop is incredibly versatile and can be used just like a ball or yoga block between the legs or ankles. We loved it so much that I had to order two more.

CAROL L.

The Aligner

Multi-use positioning tool for foot and leg alignment, muscle development and feedback.

High-density lightweight foam at .60 lbs (.27kg)
easy to clean, transport and store (Black only)

18183



Shown: Spinefitter with Allegro Reformer



Spinefitter® Education

Learn how to use the Spinefitter® to improve flexibility, strength and balance, on your mat and Reformer.



Scan for Spinefitter
Education

Spinefitter® by SISSEL®

Designed to balance your muscle, spine and nervous systems, the Spinefitter specifically targets the vertebral joints in the spine and uses pressure to remove blockages and release muscle tension.

Green, 18134
Anthracite, 18147

ACCESSORIES

SISSEL® Spinefitter® Linum

Hot/cold therapy pack to use with Spinefitter or individually. Natural linseed filling.

18060

Spinefitter® by SISSEL® Extension Kit

Easy click-on connector to the Spinefitter offers expanded surface area for taller users.

18200

Spinefitter® Trigger Tool

Expands the Spinefitter to enable pressure to be applied to specific pain points.

18545

**SISSEL® products are only
available from Balanced Body®
in the US & Canada.**



MORE WITH PILATES QUATTRO LOOP™!



By Lindy Royer
PT and Balanced Body® Educator

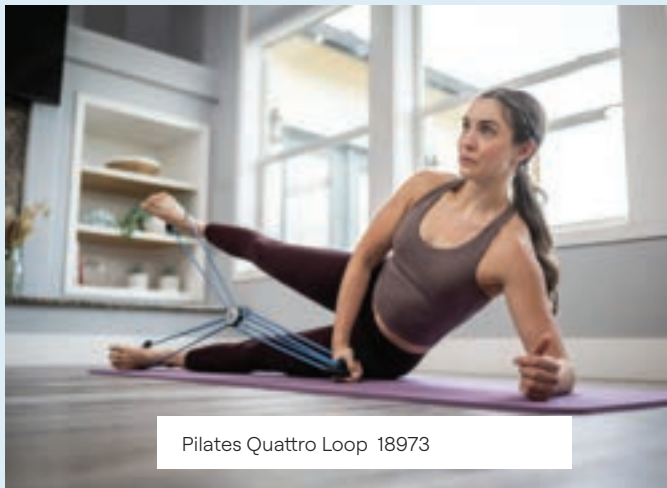
Below: Strengthening and toning the core is a key benefit of Pilates. Our Pilates Quattro Loop enhances your practice by offering effective ways to train the core in three dimensions.



Our Pilates Quattro Loop taps into the natural intelligence of the body by introducing resistance through the limbs, providing the trunk with fresh input to produce new activation in the core muscles.



Below: The space-saving Quattro Loop can be hooked around multiple anchor points, providing you with an efficient, whole-body workout. Challenge your core in less time and in smaller workout spaces.



Pilates Quattro Loop 18973



Scan to watch
workout videos



PILATES PERSPECTIVES™

Sponsored by Balanced Body®

A NEW PILATES PODCAST

Cultivating growth and
community through Pilates

FEATURING EXPERTS INCLUDING:



Joy Puleo

BALANCED BODY® DIRECTOR OF
EDUCATION & PODCAST HOST



Jessica Valant

PT, PILATES INSTRUCTOR, AND
WOMEN'S HEALTH EXPERT



Mychele Sims

OWNER OF GET 2 WERK FITNESS,
AND LEGAL INVESTIGATOR



Amy Rost

OWNER, ARC PILATES, AND
WOMEN'S EMPOWERMENT COACH

Listen in for thought-provoking conversations on the past,
present and future of all things Pilates — and beyond.

FOLLOW ON YOUR FAVORITE PLATFORM



SPOTIFY



APPLE PODCASTS



YOUTUBE



I HEART RADIO



OVERCAST

Get Social

WITH **BALANCED BODY®**



Join our Facebook community for exclusive content, event updates, contests, and more!

Like, comment, and share your Pilates experiences with us.



Follow Us!

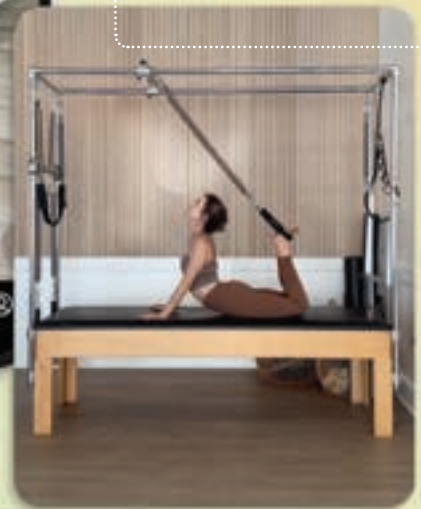


Follow us on Instagram for daily inspiration, workout tips, giveaways, and more!

Tag us in your posts @balanced_body and use #BalancedBody for a chance to be featured.



Follow Us!



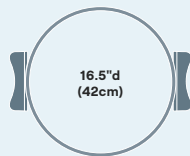


Scan for Details



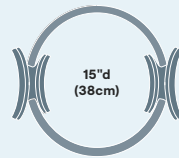
Circles

Lightweight and used in a wide range of strengthening exercises, balance work, range of motion and limb alignment.



Spring Circle

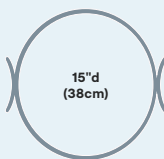
Made by hand from tempered spring steel with padded wooden handles. Offered in 3 resistance levels (2, 3, or 4 bands).



Ultra-Fit Circle®

Resistance approx. equal to 3-band Spring Circle. Larger size enables user to put legs inside circle for more exercise options.

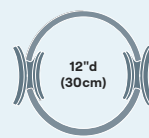
14607



Flex Ring Toner®

Slenderized handles allow for a range of body types to use for deflection and resistance. Comes with Neoprene® Handle Pads.

12524



Ultra-Fit Circle® Mini

Smaller ring size and lower resistance is ideal for leg alignment work, strengthening exercises and all levels of Pilates practitioners.

15083



Franklin Textured Ball
4" (10cm)

10317



Inflatable Ball, 4"
(10cm)

10295



Inflatable Ball,
8-10" (20-25cm)

10250



Balls

of All Shapes and Sizes!

Balls enhance your workouts and are fun! They help improve abdominal, upper body, and lower back strength and flexibility.



Ribbed Inflatable Ball
8-10" (20-25cm)

10296



Playground Ball,
5" (13cm)

10297



Pinky Ball,
2.5" (7cm)

10294



FROM THE COMMUNITY

I love the Bodhi Suspension trainer! It's a perfect complement to the other Pilates work. I use it with young and older clients to work on balance, core and more.

LUCIE B.

Bodhi Suspension System®

The world's first 4-point suspension system for fitness, Bodhi Suspension System offers fully suspended progressive workouts with strength, flexibility, balance and proprioceptive challenges.

Woven rock climbing ropes provide a softer, slightly bouncy feel, far different than solid synthetic web straps.

Prusik knots, a rock climbing tool, are used for the rope-loop linkage. They provide a solid, secure linkage to the ropes and are fast and easy to adjust.

12425 Bodhi system, grey ropes

1-year Limited Warranty



Scan to watch the Bodhi Suspension System in action

Konnections® Band

The Konnections Band enhances your Pilates sessions by connecting all four limbs for a balanced workout. Created by International Pilates Educator Viktor Uygan.

Features a fabric cover to prevent wear on the resistance band and keep the band away from your skin and hair.

With loops at both ends, Konnections can be used in a wide array of exercises and workouts for Pilates enthusiasts of all levels.

Polyester fabric cover/latex-free band.
Length: 7ft (213.3cm).

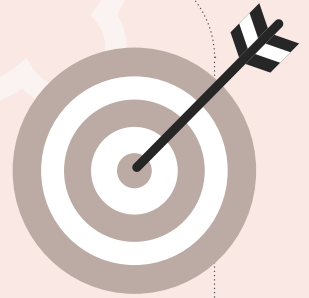
18724 Konnections Band, black
18725 Konnections Band, blue



Scan for Konnections
Training with Viktor Uygan

Better Together

Experience the best of both worlds with these top tandem Pilates tools.



Spinefitter® ♥ Pilates Arc®

Combine spine extension and deep pressure for optimum muscle release and improved mobility.

Oov® ♥ Rialto® Reformer

Connect mind and body by activating core stabilizing muscles through focused movement.



Rotator Discs ♥ CoreAlign®

Improve alignment, core strength and joint stability by pairing resistance and rotational movements.

Share your favorite equipment combo using [#MyBBCombo](#)

Don't forget to tag us! [@balanced_body](#) [@balanced_body](#)

Positioning and Balance

For stability, support and challenging balance.

Vinyl Cushions

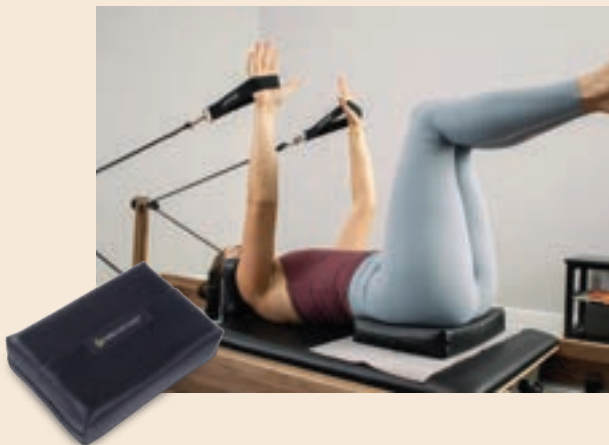
Versatile, multi-use props to use on Pilates equipment and in mat workouts to support proper body position and for enhanced comfort. Features premium foam and upholstery.

Dimensions:

Small: 1" h x 6" l x 9" w (2.5cm x 15cm x 23cm)

Medium: 2" h x 6" l x 9" w (5cm x 15cm x 23cm)

Large: 2.5" h x 10" l x 13" w (6.5cm x 25cm x 33cm)



The Slice

Developed with Blossom Crawford of Bridge Pilates, The Slice is an excellent, multi-use positioning and leg alignment tool to incorporate into your daily practice.

Dimensions: 3.75" h x 5" w x 11" l (9.5cm x 12.7cm x 28cm)

Half Cylinder Cushions

Supports optimal head and neck alignment during supine work on the Mat, Reformer or Cadillac. Comfortably elevate and position the legs to improve overall alignment. Available in two sizes.

Dimension:

Small: 3" h x 5.5" l x 7" w (7.6cm x 14cm x 17.7cm)

Large: 4.5" h x 7" l x 8.5" w (11.4cm x 17.7cm x 21.6cm)





Oov®

Made of resilient high-density foam, the Oov fits the spine's natural curve and offers multiple planes of movement. It activates core stabilizing muscles and gently extends the spine to stimulate healthy intervertebral disc lubrication. Used in supine, prone, side-lying, kneeling and standing exercises.

3 sizes



Magic Roller®

Our most popular muscle-release tool, the Magic Roller offers a soft exterior skin for touch-sensitive users, and a dense core to "work the roller's magic."

Rain Cloud Gray, 10104
Swirlie Gray, 10105





Scan for free streaming videos



Books



NEW! Pilates Applications for Health Conditions – Two Volume Set

Madeline Black/Elizabeth Larkam

A robust guide on optimal movement for movement instructors.

19087

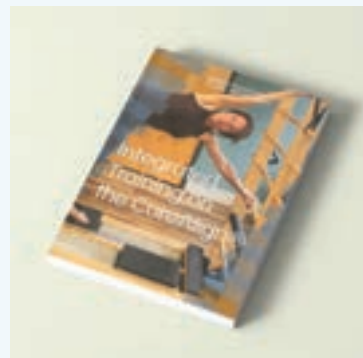


NEW! A Movement Educator's Guide to Pregnancy and Childbirth

Jennifer Gianni

Research and tips to work with pregnant and post-natal clients.

19236



NEW! Integrated Training on the CoreAlign®

Christine Romani-Ruby

Resource to build programs that improve alignment, strength, and functional performance!

19235

Socks



You're a Gem Socks

Bejeweled grippy socks that are both functional and fabulous.

18890



Love Grip Socks

Fall in love with these breathable & grippy socks.

18886



Padded Smiley Grip Socks

Your feet will smile with arch support and cushioned ankles.

18871

See our full range of Books and Apparel on pilates.com

Foot Products

Our tools will keep your feet (and toes!) in good shape, increase strength and support corrective exercise.

Learn more



Balanced Body® Foot Corrector

Designed in collaboration with leading Pilates educators, the Foot Corrector strengthens and lifts the arch of the foot and improves balance and gait. Its no-pinch design (patent pending) accommodates longer and wider feet.

12407



Joe's Toe Gizmo®

An original design by Joseph Pilates. Joe's Toe Gizmo aids in toe alignment, reduces bunion discomfort and strengthens feet, while enhancing balance and gait. 2 resistances: Light and Heavy.

Functional Footprints®

Originally designed by Jean Claude West to help dancers achieve optimum technique, Functional Footprints are innovative, easy-to-use tools that teach leg alignment without placing stress on the ankle or knee.

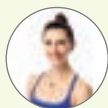
12597





FOCUS ON *YOUR FEET*

Your feet are your dynamic base of support. Maintaining daily foot health is essential for overall well-being. Incorporating a few key practices can make a big difference. **Here are 3 Top Toe Tips that our feet-friendly experts follow daily:**



Ilaria Cavagna

Founder, FEET-NESS, Pilates Educator
and ELDOA Teacher Trainer

Spread Those Toes

Why: Toe differentiation feels great and stimulates circulation and mobility.

How to Do It: Keep the heel on the ground, lift the front part of the foot, spread the toes, and brush the floor, curling your foot in. Repeat 10 times at a different pace!

Stretch Those Toes

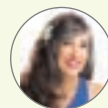
Why: Dorsi flexion at the ankle and tucking your toes is important for fall prevention, balance and reaction time.

How to Do It: While kneeling, tuck your toes on the floor and sit on your heels. Hold this stretch for 30 seconds.

Tap Those Toes

Why: Helps build muscle strength, promotes better balance and weight distribution.

How to Do It: Spread the toes, lift them up, and alternate tapping the tip of big toe and the tip of the little toe on the ground. Repeat 5 – 10 times each side.



Nancy Myers

Balanced Body® Educator,
Foot & Gait Specialist

Dry Brush

Why: Dry brushing your feet stimulates blood circulation, exfoliates dead skin, and encourages lymphatic drainage.

How to Do It: Use a natural bristle brush and gently brush your feet in upward strokes. Start from your toes and work your way up to your ankles.

Use a Pinky Ball

Why: Rolling a Pinky Ball under your foot helps release tension, improves flexibility, and can reduce pain.

How to Do It: Place a Pinky Ball under the ball of your foot. Gently roll the ball back and forth, focusing on any areas of tightness or discomfort.

Wear Proper Footwear

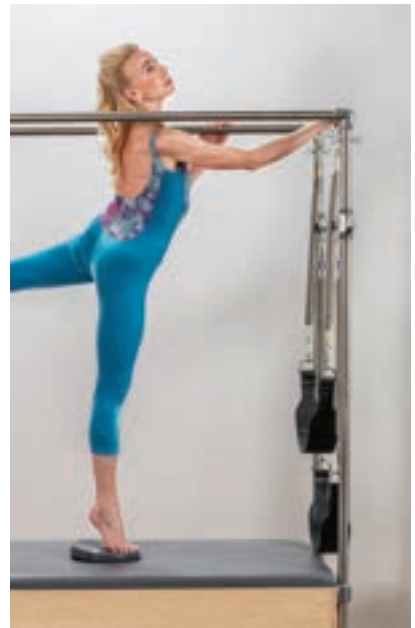
Why: As long as you don't have any issues that require a special shoe, a minimal style shoe is best. Something that has a nice wide toe box, a flat profile, and is fully flexible.

How to Do It: A proper fitting shoe can significantly reduce the risk of foot-related problems. Start with only 10 mins and increase as tolerated.



Top Left: Liberate yourself from inefficient compression when working with screen devices. Spirals from below and above unwind laptop neck and computer posture. Steer the Rotator Disc with your sitting bones while spiraling the suspended thorax. Create a new perspective, liberating your focus and gaze from the screen. Discover room to breathe.

Below: Refine standing balance for gymnasts, skaters, dancers, and everyone who seeks confidence in sure-footed motion. The dynamic movement environment of the Rotator Disc stimulates motor control from foot to pelvis, thorax, and eyes. Suction the sole of your foot onto the disc. Steer the disc with your first toe and metatarsal head.



Bottom Left: Rejuvenate circulation by fine-tuning movement relationships of the pelvis, thorax and cranium. Two Rotator Discs support the trunk while the Balanced Body® Stability Sling cradles the head in suspension. Float into deep relaxation.



Top Left: Finesse multiplanar motor control by integrating hip rotation while Reformer carriage slides. Multidirectional movements with slight changes of angle challenge strength, balance, and endurance.

Bottom Left: Discover how to distribute force and load through your entire neuromyofascial system. Turn the Rotator Disc toward and away from the pedals as each leg presses. How many variations can you create?

Bottom Right: Explore new demands on whole body continuity. Connect trunk to limbs and limbs to trunk. Connect deep structures to superficial ones and distal structures to proximal ones. The plank of the future!

ELIZABETH LARKAM and the PRECISION ROTATOR DISCS

Scan and watch Elizabeth's Precision Rotator Disc exercise videos



These exercises are designed for Rotator Discs with no resistance.

WHEN THERE IS *NO RIGHT ANSWER*

In December of 2023, I was diagnosed with breast cancer at 45 years old. I hope sharing my story serves to support and encourage anyone who may walk this journey after me.

I didn't feel a lump or pain. There is no history of breast cancer in my family. I simply went to my routine mammogram. As per my doctor's recommendations, I started getting mammograms at the age of forty. I had been told I had dense breast tissue and had "abnormal" results in the past.

So when this particular mammogram came back with questionable findings, it was assumed the culprit would be the same. My radiologist sat me down and told me she didn't love the images and wanted to do a biopsy. "I'm sure it will come back as negative again, but let's do it just in case."

Two weeks later, I was on my favorite trail run when I got the call.

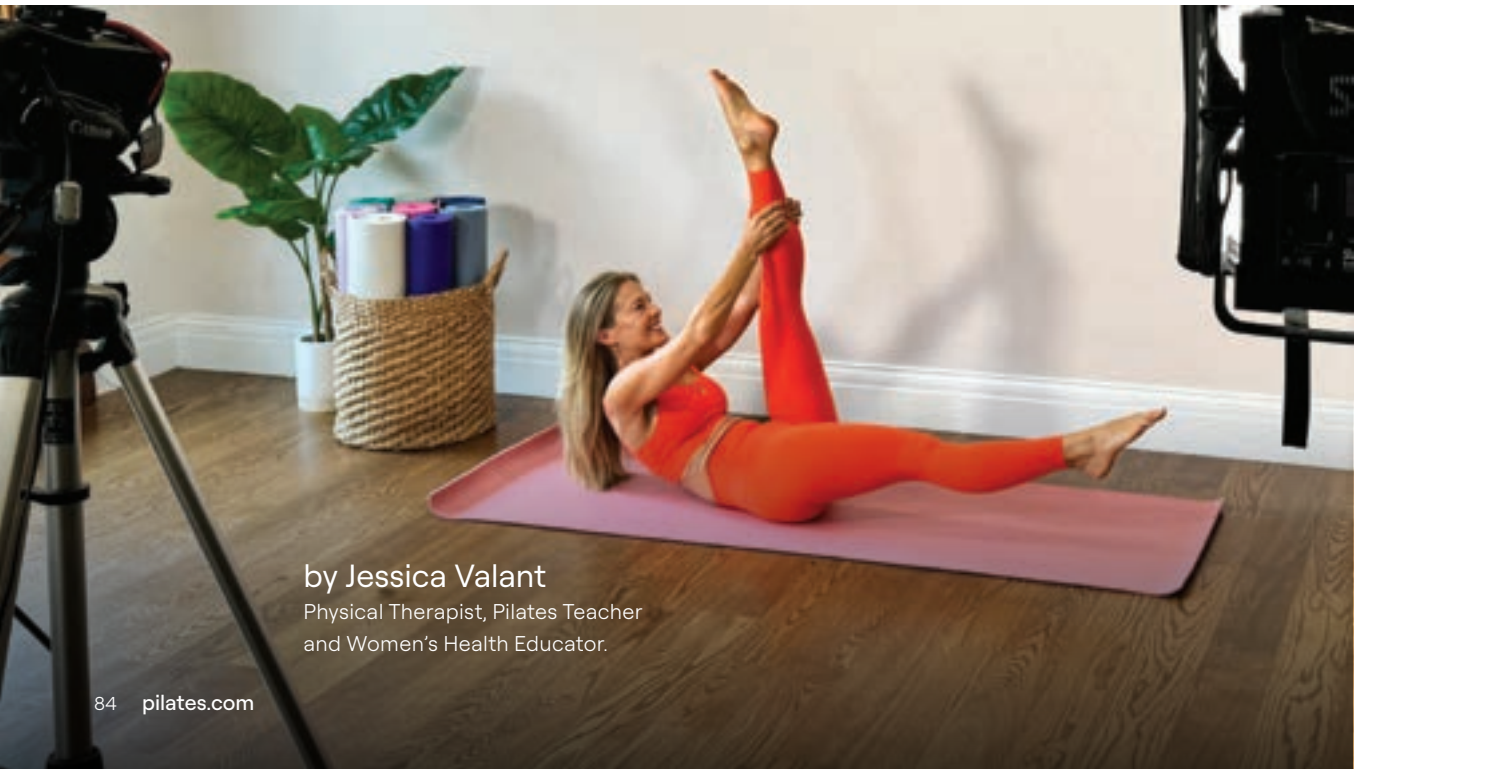
"Do you have a minute to talk?"

"Positive." "Breast cancer."

My life changed in that moment. I was thrown into the whirlwind that is the medical oncology system. I was assigned a case manager, an oncologist, a surgeon, then another surgeon. I was scheduled for test after test after test.

Then the waiting. Ugh, the waiting.

Ultimately, it was found I had stage zero DCIS. I was told by my oncologist that I had the best of a very bad situation. DCIS stands for ductal carcinoma in situ, meaning the tumor has not left the milk ducts. It's typically treatable by either lumpectomy or mastectomy and follow-up treatment depending on the situation.

A woman with long blonde hair, wearing a red Pilates top and leggings, is lying on her back on a pink mat. She is lifting her right leg straight up towards the ceiling, holding it with both hands. The room has a wooden floor, a large green plant in a white pot, and a wicker basket filled with colorful Pilates balls. A camera on a tripod is visible on the left side of the frame.

by Jessica Valant

Physical Therapist, Pilates Teacher
and Women's Health Educator.

“The best advice
I can give you on
this journey is to do
what YOU need.”



I tell people that cancer forces you to make the best decisions out of many unwanted choices. And you have to make those decisions while in the midst of confusion, sadness, and a lot of fear. I didn't want a lumpectomy or a mastectomy. I didn't want to have to choose between flat incisions or implants. I didn't want my daughter to face a new medical history of breast cancer from me. But life doesn't always let us decide what choices we need to make.

So I decided to have a double mastectomy. My tumor was so large that my surgeon said a lumpectomy wasn't an option for me. They needed to take the entire breast in order to remove the cancer. My only choice became, did I want them to take one or both.

So I listened to women who came before me. One of them emailed and said, "The best advice I can give you on this journey is to do what YOU need. We are all different, so make the choices you need for yourself along the way."

There was no "right" or "wrong" here. There was only what was best for me.

That was taking both breasts.

I personally didn't want to worry about mammograms or a recurrence of breast cancer on the other side. I knew I would always be wondering "what if." This was a decision I made knowing myself and my personality. It was the right thing for me. And the reason I knew that is because I had taken the time in the past to get to know myself and my body.

I have a complicated medical history and have had numerous major surgeries in my life. Because of this and my background as a physical therapist, I have had the chance to build up the mental and physical tools I need around my body and how I move through the world.

While breast cancer was entirely foreign and shocking to me, my body was not. My body was the same partner I had had for 45 years.

I knew her and trusted her, and we made the decision together.

I am now writing this six months after my double mastectomy with reconstruction. I am healing. I am moving. I am working. I am mom-ing. I am trail running and planking and teaser-ing and filming workouts. I am not doing push-ups. I experience numbness and pain. I can't lie on my stomach. But I am here. And I am so grateful, as I absolutely know I am one of the lucky ones.

I thank every woman who shared their story with me, sent me drain holders, watched our kids, brought me homemade blankets, or cooked my family meals. Being reminded of the power of community was the greatest thing to come out of this for me. So now I hope I can offer the same to others out there. You aren't alone. You are stronger than you know. You can do this.

I promise.

**You can learn more at JessicaValantPilates.com
@jessicavalantpilates**

The Value Add of Pilates

Pilates is an overnight success story one hundred years in the making.

It is more than one hundred years since Joseph H. Pilates obtained the patent on his Universal Reformer, yet suddenly, Pilates is a social media darling. From celebrity athletes to soccer moms (and their soccer playing kids), everyone is 'doing' Pilates.

With the rapid growth of athletic Pilates, Dynamic Reformer classes, 24-hour virtual Reformer studios, and fitness chains all developing Pilates-inspired spaces, are we even sure what Pilates is anymore, and are we bringing forward its time-tested value?

Pilates belongs to the client and creates an environment where members and clients can build physical skills, strength, and flexibility. Pilates challenges the whole body, moving in both functional and novel ways. Pilates is a community and fosters connection. Pilates has roots in movement science while also engaging the mind to be present, and Pilates enhances awareness through movement experiences.

If you want to do bicep curls, there is a machine for that. If you want to swing a kettlebell, there is a place for that. If you want to get stronger, develop physical skills that will create a foundation upon which to live your best life, then seek out a Pilates space—one that values the teacher and teacher education. A space that sees you, engages you, and creates enduring fitness and wellness changes that help you feel, move and be better.

JOY PULEO

Balanced Body's Director of Education



SO YOU WANT TO BE A Pilates Instructor

If you are a Pilates enthusiast or client seeking to better understand the Pilates method for your personal growth or you are seeking a career opportunity as a Pilates instructor, Balanced Body's renowned Pilates Professional programs offer you quality education that is accessible, flexible and deeply rooted in, what else...Pilates.

Our worldwide network of Balanced Body Educators are passionate and highly skilled practitioners dedicated to the teaching of Pilates and to your success. Check out our varied program options designed to meet you where you are and grow you into the practitioner you want to become.



Why Balanced Body Education

Our Vision

Pilates education that inspires the individual, enhances quality of life, changes the body and engages the mind.

Mission

To support the Pilates industry and Pilates teaching community by offering high-quality education products which professionally empower the instructor with opportunity and positively impacts the client.

What We Value

Education that is accessible, inclusive, and supportive of the individual.

We Care...

- ✓ We care about your professional development as an instructor.
- ✓ We care about the professional development of our Educators and supporting them as they support you on your learning path.
- ✓ We care about the Pilates community and providing the community with events and education that are inspiring and impactful.
- ✓ We care that our education is evidence-based and builds strong movement foundations.
- ✓ We care about the client.
- ✓ Above all, we care for the quality of our equipment and our education, so that you have the tools to train your clients confidently and inspire lasting change and love of movement through Pilates.

PROFESSIONAL PROGRAMS

Determining Your Path

At Balanced Body®, our Pilates Teacher Training is designed to support you and your professional goals.

Pilates is a systematic training methodology that powers stand-alone Pilates studios and Pilates spaces in gyms and rehabilitation clinics.

Our distinct Balanced Body Pilates Education is movement forward and deeply rooted in the Pilates method. For the studio owner and instructor, our professional program teaches critical reasoning skills, adapting training to the body in front of you and Pilates progressive movement skills, which allow you to create Pilates sessions and classes that work! Our program is taught by Balanced Body Educators for aspiring Pilates professionals.

Our Group Reformer for Fitness Professionals program teaches Pilates exercise application in group classes. This program focuses on quality of

movement in a group setting, and will empower you to create effective and engaging programming sequences. Taught by Balanced Body Educators with deep experience in personal training and group exercise, this program builds on your existing skills as a fitness professional.

Our Pilates for the Clinician program considers the Pilates exercises with restoration of healthy movement as a primary focus. Led by our Educators who are licensed Physical Therapists, our PT-Rehab courses are designed to teach movement applications for patients in transition from rehab to active living.



Learn more



PILATES PROFESSIONAL TRAINING PROGRAMS



Comprehensive Instructor Training

Our signature approach teaches the Pilates repertoire, anatomy, movement science, and the importance of quality movement. Students are encouraged to explore, discuss, question and develop their own voice as an instructor. Comprehensive Training includes Mat, Reformer, Trapeze Table, Chair and Barrels.



Mat & Reformer Instructor Training

This program unites the foundations of Mat with the unique training opportunity of the Reformer. Mat foundations are critical to understanding the unique value of Pilates. When taken with Reformer, students develop critical reasoning and the skills to benefit clients of all levels.



Reformer Instructor Training

Rooted in movement science, this program will deepen your understanding of the Pilates methodology as practically applied on the Reformer. We focus on how to maximize the training options of the Reformer, including exercises, adaptations for special populations and how to program sessions and classes.



Mat Instructor Training

Mat is the foundation of the Pilates method and a critical part of our education. This program includes the full repertoire of Pilates exercises, along with modifications and variations for special populations. You will learn exercise applications, along with class design and programming.



Pilates Professional

Your Pilates Professional Path is yours for the making. Choose the program that suits your needs (Comprehensive, Mat and Reformer, Reformer only and Mat only). Choose your teacher from our global network of 400+ Educators. Choose courses that fit your schedule and take the courses when you want, and on a timeline that works for your lifestyle. *(Note: A course is one part of your program. You must complete your program to be certified as a Balanced Body® instructor.)*



Fitness Professionals

Learn how to design, build and teach fun, effective, engaging Group Pilates classes. Our group programs for fitness professionals leverage your existing experience in movement, cueing and leading classes. We upskill you in movement quality, the Pilates repertoire, and Pilates progressions and regressions. *(Note: This is a shorter format program designed specifically for experienced fitness professionals.)*



Clinicians & Rehabilitation Professionals

Pilates is a proven therapeutic exercise modality with specific movement tools to maximize patient and client outcomes. Our program provides Pilates foundations through the lens of our Educators/Physical Therapists. The courses vary in size and scope and are customizable to suit individual needs and those of an entire clinic. Our Clinical/Rehab education will support your patient success, expand your income potential, and differentiate your practice.



Movement Principles

The foundation of our education program, Movement Principles, explores how to recognize, improve and teach fundamental movement.

Designed for students as well as experienced instructors, Movement Principles was developed to refine your understanding of the body in motion. The course provides a solid foundation for training in all environments and with any equipment. It provides the foundational knowledge necessary for you to become a truly transformative instructor. You will gain the skills to effectively train clients who are recovering from injuries, improving their general fitness or enhancing their performance.



Advanced Movement Principles

For the experienced Pilates professional working with clients with imbalances and injuries.

Created by Nora St. John, Advanced Movement Principles is designed to further your knowledge of the body in motion and support improving movement patterns in functional and pathological situations. This course will enhance your critical reasoning skills to work with diverse populations safely and effectively. Featuring recorded and live courses, Advanced Movement Principles helps develop your skills in seeing, understanding, and improving movement patterns. Program graduates are recognized as Balanced Body Advanced Movement Practitioners.

Learn more





COMPLEMENTARY EQUIPMENT EDUCATION PROGRAMS



The Konnector®

Considered the evolution in movement, Konnector Reformer expands your Pilates exercise repertoire and creates a new way of moving with your arms and legs connected with a single rope. Konnector Reformer will unlock you—and your clients'—full potential and clearly differentiate you as an Instructor in your local market.



CoreAlign®

CoreAlign is the missing link in training and clinical environments. Becoming a certified CoreAlign instructor will empower you to assess and improve gait, functional upright strength, deep core and postural strength and endurance, muscular power and dynamic joint mobility.



Bodhi Suspension System®

Our Bodhi Suspension System teacher training brings the precision and principles of Pilates to suspension training. Suspension movement makes you more marketable as a teacher, and complements client training in a Pilates studio, gym or clinic.



Balanced Body Barre®

With Balanced Body Movement Principles as a foundation, our Barre teacher training is dynamic, fun, and functional. Working with light weights, our training provides a recipe for developing strength, flexibility and endurance, empowering clients to be physically strong, resilient, and active.

Anatomy in Three Dimensions™

Understanding how the body works is essential to being an effective instructor. Plus, this course makes learning anatomy fun.

Build the body from the inside out with our innovative approach to learning Anatomy.

Anatomy is the foundation of movement and understanding how the body works, and will empower you to be a more effective instructor. In this course, we build the body from the inside out, while learning the science, structure and function of bones, joints, muscles, tendons, and ligaments, and the origin, insertion, and action of the major muscles. This hands-on multisensory learning experience covers the torso, hips, thighs, shoulders, upper arms, and spine.

Complete Anatomy Build Kit

All you need to build your own musculoskeletal anatomy! Anatomy + Movement™ Skeleton, terra cotta clay, white clay, toolkit and complete Anatomy Build Manual.

16504



Learn more





Balanced Body® Events

Pilates On Tour®, Movement Tour and our virtual events bring the movement community together to learn, discuss, explore, question – and most of all, **connect**. The power is in Pilates and through it we gain knowledge, skills and lifelong friendships.

Learn more



March 6-8, 2026	Pilates On Tour, New York THE SCHOOL OF AMERICAN BALLET, NYC
March 20, 2026	Contrology® Pilates Conference WROCLAW, POLAND
April 10-12, 2026	Pilates On Tour, London LONDON, ENGLAND
May 8-10, 2026	Pilates On Tour, Scottsdale SCOTTSDALE, ARIZONA
June 13-14, 2026	Movement Tour, Spain A CORUÑA, SPAIN
July 17-19, 2026	Pilates On Tour, Taiwan TAIPEI, TAIWAN
October 9-11, 2026	Pilates On Tour, Sacramento SACRAMENTO, CALIFORNIA
November 7-8, 2026	Movement Tour, Charleston CHARLESTON, SOUTH CAROLINA
July 9-11, 2027	Pilates On Tour, Toronto TORONTO, CANADA
September 17-19, 2027	Pilates On Tour, San Antonio SAN ANTONIO, TEXAS
May 12-14, 2028	Pilates On Tour, Scottsdale SCOTTSDALE, ARIZONA



EMMA FINLEY ALONSO PILATES

Emma Alonso • Greenville, United States

How did you begin your classical Pilates journey?

I found classical Pilates as I was finishing my degree in Exercise Physiology. My program required a 200-hour internship in a fitness facility. I had the opportunity to take classes in exchange for cleaning the equipment/studio. I was instantly hooked by the challenge and simultaneous meditative flow of the movements.

What other forms of exercise had you tried before discovering Pilates?

My journey into fitness began through alpine ski racing, which required cross training during the off-season such as HIIT, Olympic-style weight lifting, cycling, and running. I also practiced and taught yoga for several years.

Why does classical Pilates speak to you?

My passion for classical Pilates was forever cemented after suffering a debilitating back injury. I learned firsthand its restorative power and the profound changes it made on the way I live in my body.

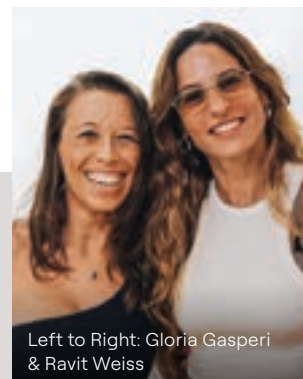
What would you like others to know about classical Pilates?

This practice requires patience and perseverance. You will rediscover your body and create a new relationship with it. All good things take time!

TERRA STUDIO

Ravit Weiss

Kfar Shmaryahu, Israel



Left to Right: Gloria Gasperi
& Ravit Weiss

How did you begin your classical Pilates journey?

The truth is that I never did any physical activity. However, ten years ago, I signed up for a Pilates class with no special expectation. To my surprise, it was like love at first glance.

Something new awakened in me, curiosity like arriving in a new country and hearing a foreign language for the first time. A world I had not been exposed to before. I felt the fire in my belly, and I decided to study, explore, and discover more about this wonderful method.

What other forms of exercise had you tried before discovering Pilates?

I didn't dance ballet as a child, I didn't practice yoga, I never visited the gym nor did I do any fitness as a girl.

Why does classical Pilates speak to you?

The first training course I did was contemporary Pilates, but it was not exactly what I had been looking for. My journey of learning and development led me to explore classical Pilates. That's how I met the wonderful Karen Frischmann and joined her fascinating teacher training course.

What would you like others to know about classical Pilates?

Classic Pilates changed the way of my life. Contrology® is an ingenious and unique method that has everything. That's why when I opened Terra Studio, it was important and meaningful to me that all the equipment be Contrology, the real authentic apparatus as Joseph Pilates developed and created. I am passionate about acquiring and providing our customers with the very best experience because they deserve it.

BLOOMING PILATES

Yunjeong Jo

Vancouver, Canada



How did you begin your classical Pilates journey?

I first moved from teaching yoga to teaching contemporary Pilates. I worked as an instructor, teaching contemporary style Pilates for over five years. As time passed, I found myself stuck in alignment with any exercise I did, unable to move my body as freely as I could before I had encountered Pilates. Hearing my concerns, a colleague recommended that I take my first class in classical Pilates. My heart raced when I heard the phrase "Keep moving!" I immediately dove into the world of classical Pilates and never looked back.

What other forms of exercise had you tried before discovering Pilates?

I worked in the fashion industry, but to overcome the extreme stress from that line of work, I began doing yoga. Moving my body gave me a sense of euphoria and eventually, I quit my job and became a yoga instructor. Later, a friend recommended Pilates to me. After my first Pilates class it felt like I had been hit on the head by something profound. My body felt as light as a feather, and my mind was clear!

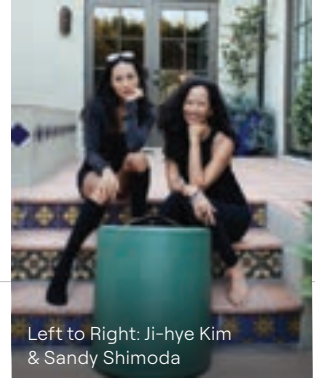
Why does classical Pilates speak to you?

First, "Keep moving constantly, and feel that you are alive." Continuous movement and healing through movement – this is what classical Pilates means to me.

Second, "Challenge yourself." If it doesn't challenge you, it won't change you.

What would you like others to know about classical Pilates?

Joseph Pilates wanted people to move correctly and heal their bodies through Contrology. The only way to learn Pilates is by feeling it with your body.



Left to Right: Ji-hye Kim
& Sandy Shimoda



POP PILATES

Ji-hye Kim • Seoul, South Korea

How did you begin your classical Pilates journey?

I experienced Pilates called Classical when I was a teenager for better body condition. But I think the beginning of my true classical journey began with Vintage Pilates 10 years ago.

What other forms of exercise had you tried before discovering Pilates?

In the past, I worked as a choreographer and dancer, so I had the opportunity to experience many different forms of exercise, including a range of dance methods, Gyrotonic, Gyrokinesis Muscle Relaxation and yoga.

Why does classical Pilates speak to you?

Personally, I was able to regain control of my body, both mentally and physically, through classical pilates.

What would you like others to know about classical Pilates?

In modern times, we have lost our body potential through too many restrictions. The limitation of the senses is also linked to the limitation of thinking. Pilates will powerfully help your return to what you already have. With Pilates, we can live a better version of ourselves.



Scan to learn about
Contrology®



PRESERVING PILATES HERITAGE

Authentic classical Pilates equipment,
expertly crafted to bring Joseph Pilates'
original designs to life.

Scan to view
all things Contrology





REMEMBERING

Jay Grimes

We are proud to honor the life and work of Pilates legend Jay Grimes, among the last to work under Joe's guidance, a lifelong learner and educator, and our collaborator on Contrology apparatus.

Jay was instrumental in helping us restore the original feel and function in our classical apparatus. He ensured that every detail was captured and carefully crafted to deliver the same authentic experience Pilates practitioners have loved for generations.

Jay's indelible presence is truly missed. We celebrate his contributions to the Pilates community and support his legacy with Contrology.

Reformer Checklist

All Reformers share the same basic functionality. Balanced Body® makes several styles of Reformers to meet differing needs.

Balanced Body's classic wood Reformers are the recognized world standard for function, adjustability and beauty.

While some prefer the easy storage of our portable Reformers, others need Reformers for a wide variety of body sizes, or an accommodating add-on Tower/Mat Conversion for additional exercise options.

Features		Bravo	Allegro Nextgen	Rialto®	Allegro® 2	Studio	Clinical	Metro IQ®	CenterLine®	Ron Fletcher
Frame		POLY LUMBER	METAL	METAL/ WOOD	METAL	WOOD	WOOD	METAL	WOOD	WOOD
Stock Springs		3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1	3, 1, 1, 1	3, 1, 1	4	4
Vertical Footbar Positions		2	4	5	4	4 or 5*	5	2	2	3
Horizontal Footbar Positions		4	10	1	9	1 or 32	32	2	1	1
Springbar Adjustments		4	4	3	2	6	5	1	3	2
Frame Heights	Lowest	15" (38.2cm)	6.75" (17.14cm)	15" (38cm)	9" (22.8cm)	14" (36cm)	14" (36cm)	57.5" (14cm)	14" (36cm)	14" (36cm)
	Mid-level	-	14" (35.5cm)	-	15" (38cm)	18" (46cm)	18" (46cm)	-	-	-
	Highest	-	-	-	-	24" (61cm)	24" (61cm)	-	-	-
Transport Wheels		Yes	Yes	-	Optional	-	-	Included	-	-
Sitting Box & Foot Strap		Included	Optional	Included	Optional	Included	Included	Optional	Included	Included
Shoulder Rest		Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Fixed
Ropes or Leather Straps		Ropes	Ropes	Rope / Risers	Rope / Risers	Ropes/Risers/Leather	Rope / Risers	Rope / Risers	Leather	Leather
Vertical Storage		-	✓	-	✓	-	-	✓	-	-
Warranty on Frame		10 Year	Lifetime	5 Year	10 Year	Lifetime	Lifetime	2 Year	Lifetime	Lifetime

Options and Add-Ons		Bravo	Allegro Nextgen	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine®	Ron Fletcher
Tower & Mat Conversion		✓	✓	✓	✓	✓	✓	-	✓	-
Jumpboards	Standard	✓	✓	✓	✓	✓	✓	✓	✓	-
External Frame Footbar		✓	✓	✓	✓	✓	✓	-	-	-

*Infinity Footbar® option expands horizontal footbar positions to 32.

**Allegro Stretch has 5 horizontal footbar positions. Available Footbars limited for Stretch Reformers.

KRN PILATES

powered by Balanced Body®

We are proud to offer the KRN Pilates App, powered by Balanced Body.

Kathi Ross-Nash's official app based on her Red Thread master instructor training program.

A comprehensive library with 550 Mat exercise videos and full-length workouts

Available for download on Android and iPhone with **14-day free trial**

Scan here for
more details



Capital Equipment Dimensions

	Equipment	Functional Height Floor to Working Surface: (Carriage/Mat)	Width Overall (Widest Possible Point)	Length Overall	Carriage Travel (Distance)	Weight (Est. Only)
REFORMER	Allegro 2 Reformer	9" (22.86cm)	31.25" (79cm)	94" (239cm)	40" (102cm)	148lbs (67.13kg)
	Allegro 2 Reformer with 14" Legs	15" (38.2cm)	31.25" (79cm)	94" (239cm)	40" (102cm)	155lbs (70.3kg)
	Allegro 2 Reformer with Legs/Tower	15" (38.1cm)	31.25" (79cm)	94" (239cm)	40" (102cm)	177.5lbs (80.5kg)
	Bravo Reformer	15" (38.2cm)	29.31" (74.5cm)	95.25" (242cm)	41.7" (106cm)	162lb (73.5kg)
	Bravo Reformer with Tower	15" (38.2cm)	34" (86.3cm)	93" (236.2cm)	41.7" (106cm)	202 lbs (91.62kg)
	Allegro Nextgen Reformer	6.75" (17.14cm) (without legs)	34" (86.3 cm)	93" (236.2 cm)	40" (102cm)	124lb (56kg)
	Allegro Nextgen Reformer with Legs/Tower	14" (35.5cm)	34" (86.3cm)	93" (236.2cm)	40" (102cm)	190lbs (86kg)
	Allegro Nextgen Reformer with 14" Legs	14" (35.5cm)	34" (86.3cm)	93" (236.2cm)	40" (102cm)	124lb (56kg)
	Rialto Reformer	15" (38.1cm)	34.25" (87cm)	95.5" (242.57cm)	40" (102cm)	140lb (64kg)
	Rialto Reformer with Tower	15" (38cm)	34.25" (87cm)	97" (246cm)	40" (102cm)	180lb (82kg)
	Ron Fletcher Reformer	14" (35.5cm)	25.5" (65cm)	93" (236cm)	33.5" (85cm)	145lb (66kg)
	Centerline Reformer	14" (35.5cm)	25.5" (65cm)	91" (231cm)	37" (94cm)	145lb (66kg)
	Metro IQ Reformer	9" (22.86cm)	23" (58.42cm)	96" (243.84cm)	39.75" (101cm)	85lb (39kg)
	Studio Reformer 14"	15" (38.1cm)	26.5" (67.31cm)	92.6" (235cm)	40" (102cm)	152lb (69kg)
	Studio Reformer Tower 14"	15" (38.1cm)	26.5" (67.31cm)	95" (241.3cm)	40" (102cm)	188lb (85kg)
	Studio Reformer 18"	19" (48.26cm)	26.5" (67.31cm)	92.6" (235cm)	40" (102cm)	160lb (73kg)
	Studio Reformer Tower 18"	19" (48.26cm)	26.5" (67.31cm)	95" (241.3cm)	40" (102cm)	196lb (89kg)
	Studio Reformer 24"	25.5" (65cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	168lb (76kg)
	Studio Reformer Tower 24"	25.5" (65cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	204lb (96kg)
	Contrology Reformer	14" (36cm)	27" (69cm)	80.5" (204cm)	26.5" (67cm)	114lb (52kg)
TRAPEZE	Reformer Trapeze Combination 24"	24" (60.96cm)	30.5" (78cm)	92.63" (235.28cm)	40" (102cm)	249lb (113kg)
	Centerline Cadillac	25.5" (65cm)	29" (74cm)	85.5" (242cm)	N/A	190lb (86kg)
	Centerline Pole System	89" (226cm)	30.25" (76cm)	20" D (51cm)	N/A	61lb (28kg)
	Trap Table/Cadillac	25.5" (64.77cm)	28.5" (72.39cm)	86" (218.44cm)	N/A	190lb (86kg)
	Contrology Cadillac	23.7" (60.2cm)	25.5" (64.8cm)	86" (218.4cm)	N/A	245lb (111.1kg)
CHAIR	Combo Chair	25.63" (65.1cm)	27.5" (70cm)	28.5" (72.39cm)	N/A	91lb (41kg)
	Exo Chair	24.25" (61.6cm)	23.5" (59.69cm)	29.5" (74.93cm)	N/A	36lb (16kg)
	Wunda Chair	23.75" (60.33cm)	21.5" (54.61cm)	29" (73.66cm)	N/A	61lbs (27.7kg)
	Centerline Chair	24.25" (61.6cm)	21.5" (54.61cm)	30" (76cm)	N/A	36lb (16.3kg)
	Contrology Arm Chair	36.6" (85.4cm)	16.5" (42cm)	41.5" (105.4cm)	N/A	34lb (15.4kg)
	CoreAlign without Ladder	5.5" (14cm)	23.5" (59.69cm)	66" (167.64cm)	42" (107cm)	94lb (43Kg)
	CoreAlign with Ladder	91" (231.14cm)	41.25" (106cm)	72.75" (184.78cm)	42" (107cm)	183lb (83kg)
	Ladder Barrel	38" (96.52cm)	36" (91.44cm)	47.25" (120.02cm)	N/A	79lb (36kg)

Shipping / Returns / Warranties

For complete information on shipping, returns, changes and cancellations,
(US and International) visit pilates.com.



Shipping

Large equipment ships via freight company in cardboard boxes, unless you request a wooden crate at additional cost. Most accessories and small props ship via FedEx.

For overseas shipments, please contact us for details.

Custom Orders

Can't find something in the catalog? Please check online at pilates.com, or call us with your custom request.

Changes

Availability, prices and specifications are subject to change without notice.

Warranties

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How can we help you?
Please contact us!

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U.S. and Canada: 1-800-745-2837
U.K.: 0800 014 8207
All locations: +1 916-388-2838
Or send us an email: info@pilates.com

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