

A photograph of a Pilates studio with several reformers. A woman in a black top and leggings is performing a deep lunge on a reformer in the foreground. Other participants are visible in the background, also working on reformers. The text 'PILATES OPEN STUDIO' is overlaid in a white box in the center of the image.

PILATES OPEN STUDIO

Pilates Open Studio is an excellent opportunity for experienced students to develop a personal practice by performing the work without depending on an instructor for corrections. Privé Swiss Fitness offers specific Open Studio hours that are supervised by our staff of certified Pilates instructors who are readily available to answer questions or provide spotting during advanced exercises.

Open Studio Policies:

- Open Studio hours are designated during off-peak hours. Reservations are required.
- Clients who have participated in a minimum of 20 private lessons or group equipment classes and display proficiency in the classic order qualify to use the equipment during Open Studio hours. ****All participants MUST be approved by a Privé Swiss Fitness Pilates Instructor prior to participating in Open Studio sessions. NO EXCEPTIONS.**
- Instructors and their clients have priority over the equipment, regardless of Open Studio reservations.
 - An instructor will be on-hand to ensure safety and proper use of the equipment. Cueing will not be provided.
- All participants must wipe down all equipment after use and leave all equipment as it was upon arrival.