



Dear HR Manager,

Thank you for contacting Pilates Punx about our fitness services! Having a team Pilates program would be a great benefit for the office and we want to be sure that the fitness plan you choose is right for you.

**Why choose Pilates Punx as your trainer?**

We are proud to offer a licensed personal trainer and fitness consultant, with a wealth of experience helping people of all ages, walks of life, and fitness levels reach their goals. Pilates Punx customizes every class to each client's needs, and are able to offer corrections and modifications when needed.

Our workouts provide a great full body workout with emphasis on set up, precision, flow, and body awareness. Classical Pilates, as Joseph Pilates intended, with an extra spin to focus on the client's needs or goals in a workout.

We can create a workout for anyone from a beginner to an advanced client, injured or tip top shape; Pilates is for everyone! We'd like to offer your team group mat classes, up to 12 people per class, depending on interest and how many employees are on staff, we could set up either a single class or offer a number classes to accommodate everyone.

Most of all, we like to pair workouts with driving music to help motivate and make the time fun. We specialize in appealing to the counter-culture, so for those who don't quite think Pilates is for them, we like to show them what it's all about and get them hooked! Pilates practice can offer an increase in energy, strength, and mental clarity boosting productivity.

**What you'll pay for our services:**

We propose a flat rate per class of \$500 with a price break if two or three back to back classes are booked the same day; comparable to many Classical studios, but we bring the Pilates to you!

**Availability:**

The classes run for 55 minutes. We are available to bring our services to the your facility, dates and times to be discussed. We could do 1-3 classes per day, depending on the need.

**About the trainer:**

Allie Guillerm has been certified since 2016 to teach Classical Pilates.

She trained through Whole Body Method, in Los Angeles, CA and has a Certificate of Pilates Instruction. She is fully insured and CPR certified.

Please feel free to contact us for any additional information. We are happy to discuss any further details!

Thank you,

Allie Guillerm

[www.pilatespunx.com](http://www.pilatespunx.com)