



VIPilates STUDIOS

The Power of Pilates for the Workplace

Who we are

At Birmingham Pilates Studios, we are committed to providing our clients with the highest quality of classical Pilates instruction. Whether you are looking to improve your core strength, increase your flexibility, or simply reduce stress, our range of group classes and private sessions are tailored to meet your individual needs. We specialise in Pilates in the workplace, helping teams to reconnect and reduce stress. Whether you want to join us for a team building session or you'd like to offer Pilates sessions to your staff as part of a wellbeing package, we can help!

Our studio in Digbeth offers a welcoming and supportive environment for all our clients and it's an ideal spot for teams to meet for a quick session of Classical Mat Pilates. Come join us and build trust and camaraderie amongst your team.

What we do

We understand that investing in the health and wellbeing of your employees is crucial for the success of your business. We offer the perfect solution for employers who want to prioritise the physical and mental health of their staff.



Pilates is a low-impact exercise that focuses on strengthening your core, improving flexibility, and reducing stress. By incorporating Pilates into your workplace wellness programme, you can improve the overall health of your employees, reduce absenteeism, and increase productivity.

You will also see a positive impact on stress levels, as well as increased socialisation within and across teams. Not only will your team feel better physically, but they'll also have a stronger sense of camaraderie and teamwork.

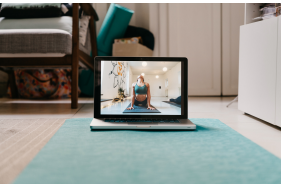
Our corporate offers

We have a range of simple, affordable and flexible ways for you and your employees to benefit from Pilates.



Group classes at Birmingham Pilates Studios

From Lunchtime Mat Classes to restorative sessions that incorporate various Pilates apparatus, we offer weekly group classes from our Digbeth studio. Group classes are suitable for all skill levels including beginners. We'll be happy to work with you to tailor your classes to fit within your company's schedule.



Online live-stream Pilates

We understand that flexible, hybrid working may make it tricky to get all your staff in one room at one time. Not to worry! We offer on-demand Pilates classes which can be streamed and accessed by your employees from the office, home or hotel when the time is right for them. We can also provide online group classes if you prefer.



Pilates on-site

Can't come to us? We can come to you! Our certified instructors provide on-site Pilates classes that fit seamlessly into busy work schedules, leaving employees feeling energised, focused and more productive. By bringing Pilates to the workplace, we're making it easier than ever for employees to stay fit and healthy, while fostering a positive and supportive company culture.



Corporate Wellbeing Package

Tired of the same old employee benefits? Say sayonara to free fruit Tuesdays - it's time to give your employee something we *know* they'll enjoy: 2 group Pilates lessons each week! Your staff can choose from Mat or Restorative Pilates sessions in the morning, at lunchtime or in the evening. Plus, we'll also give them unlimited access to our video library and live-stream mat classes so they can keep moving at home and at work. How much? It's just £400 per month for up to 10 employees. For more info, give Natasha a ring on 0121 794 0623.