



"Change happens through movement and movement heals."

~Joseph Pilates

Joe was right. We believe movement not only heals, it changes lives. Our 2019 catalog is packed with equipment and feature stories designed to get you moving toward a healthier, better life. We hope it inspires and moves you to be the best "you" you can be. Welcome to our community!

The Balanced Body Difference

- » The best and most beautiful equipment in the world.
- » The largest network of movement educators in the industry.
- » Unparalleled customer service.
- » Eco-friendly business practices.
- » We are agents of positive change with a passion for what we do and looking for like-minded people to help change lives! Whether you are a movement professional or enthusiast, we are genuinely excited to have you be a part of a wonderful community.

That's the Balanced Body difference!



What's New

It's been a super busy and exciting year at Balanced Body! In August 2018, we launched the **Rialto™ Reformer**, designed to offer a solid training experience at a value price.

See the Rialto and its many accessories at page 10

This winter we are extremely proud to introduce our **Contrology Reformer**, with our **JGRIMES model**—the best version of the original Pilates Reformer as developed and used by Joseph Pilates.

Read more on page 18

As we begin 2019, **Balanced Body Education brings our Movement Principles** course to the global audience of movement professionals. This is the foundation of all Balanced Body Education programs and provides a solid base for Movement Professionals training in any environment, with any equipment.

Learn more at 48



TABLE OF CONTENTS

Resources

- 2 Nora's Corner
- 4 Reformer Checklist
- 5 Partnering with Balanced Body on Equipment and Education
- 40 Wood & Upholstery Choices
- 48 Education Overview
- 50 Empower: Helping Those in Need Reclaim Their Bodies
- 56 Scoliosis Camp for Kids: Healing and Having Fun!
- 74 Adding Pilates to Your Cancer Treatment Plan
- 77 Contact Us / Shipping / Returns / Warranty

Pilates Equipment

- 6 Allegro® 2 Reformer System
- 8 Allegro® Reformer System
- 10 Rialto™ Reformer
- 12 Studio Reformer®
- 14 Clinical Reformer®
- 16 Ron Fletcher™ Reformer
- 16 CenterLine® Reformer

- 17 IQ® Reformer
- 18 Contrology™ Reformer
- 20 Reformer® with Tower
- 22 Konnector® Kits & Reformer
- 24 Reformer Trapeze Combination™ (RTC)
- 26 EXO® / Centerline Chair
- 28 Combo / Wunda Chair
- 30 Step Barrels / Arcs
- 32 Pilates Arc™
- 33 Ladder Barrel
- 34 Trapeze Table (Cadillac)
- 36 Centerline® Cadillac / Pole System
- 37 Guillotine Tower
- 38 Wall Tower / Ped-o-Pull
- 39 Pilates Springboard™

Mind-Body Fitness Equipment

- 42 CoreAlign®
- 44 MOTR®
- 46 Bodhi™
- 47 Orbit™
- 49 Anatomy + Movement® Skeleton

Accessories & Props

- 52 Equipment Accessories
- 53 Sitting Boxes / Footstraps
- 54 Reformer Accessories / Jumpboards / Cardio Cloud
- 55 Springs
- 57 Oov®
- 58 Balanced Body® ActiveMotion Bar
- 59 SmartBell® / Hand Weights / Resistance Tools
- 60 Positioning / Balance Tools
- 62 Circles / Rings
- 63 Foot Products/ Rotator Discs
- 64 Mats/ Balanced Body Clean®
- 66 Rollers / Myofascial Release
- 68 Exercise Balls
- 70 Pads / Poles / Barre

Videos, Books & Apparel

- 72 New Streaming Service / Manuals
- 73 Books
- 75 Posters & Photos
- 76 Apparel

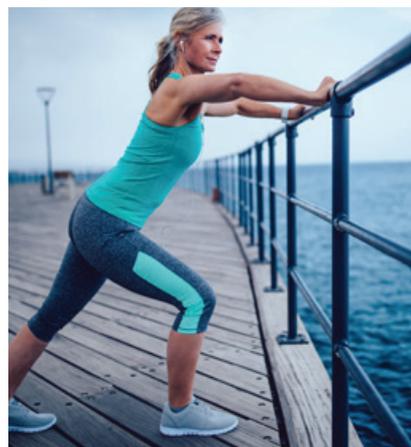
Movement Principles—Building a Foundation

Nora's Corner

Over the last 2 years, Balanced Body Education® has developed a new course called Balanced Body Movement Principles. This is the foundation for our Pilates program and forms the theoretical and practical framework on which all Balanced Body® educational programs are based. Our goal is to bring together anatomy, kinesiology and movement to help teachers better understand how the body works.

Balanced Body Education® has always existed at the intersection of art and science.

Movement, especially complex movement, is not easily studied from a scientific perspective. It is difficult to accurately describe or quantify all the elements of complex movement using a database and a computer, much less recognize more effective and less effective movement patterns. On the other hand, if you asked most people who was moving better, a well-trained athlete or an injured person walking down the street, they would immediately be able to identify the more



graceful, smoother movement pattern. As humans we have an innate ability to recognize symmetry, balance and grace. Experienced teachers learn to “read” the body and interpret what is happening through careful observation and lots of practice. One of the goals of Movement Principles is to help new teachers read bodies better.

To understand the Movement Principles, one must ask again and again, “What am I seeing?” “What does it mean?” “How do I communicate what I am seeing and thinking?” Making unconscious observations conscious allows one to verbalize the reasoning behind the interpretation of the movement. In addition to helping teachers see movement more clearly, the main goal of Movement Principles is to develop critical reasoning skills to help teachers make better exercise choices, recognize the appropriate level for a client or class and learn how to progress a client towards a new or more complex movement skill.

The most successful teachers in the world of physical education are able to quickly recognize functional and dysfunctional movement patterns and know how to use exercise to correct or improve them. Movement Principles is designed to create a foundation for all of our teachers. Whether you are just starting out or are interested in refreshing your understanding of the body and how it moves, Movement Principles will give you lots to think about.

Nora St. John is Education Director for Balanced Body.

Pilates Equipment



Reformer Checklist

All Reformers share a 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 capability of our portable Reformers, others need Reformers that adjust to a wide variety of body sizes, or can accommodate add-on towers for additional versatility.

NEW!

FEATURES		ALLEGRO	RIALTO	ALLEGRO 2	STUDIO	CENTERLINE	CLINICAL	FLETCHER
WOOD			✓		✓	✓	✓	✓
METAL		✓	✓	✓				
STOCK SPRINGS		3, 1, 1	1, 3, 1	3, 1, 1	1, 3, 1	4	1, 3, 1	4
VERTICAL FOOTBAR POSITIONS		4	5	3	4 or 5	2	5	3
HORIZONTAL FOOTBAR POSITIONS		5		9	1 or 32	1	32	1
ADJUSTABLE SPRINGBAR			✓		✓	✓	✓	✓
FRAME HEIGHTS	7"-9"	✓		✓	✓			
	14"-15"	✓	✓	✓	✓	✓	✓	✓
	18"-24"				✓		✓	
ACCESSORY PACKAGE		✓	✓	✓	✓	✓		
TRANSPORT WHEELS		✓		✓				
STACKABLE		✓	✓	✓				
WARRANTY	Lifetime				✓	✓	✓	✓
	10 Year	✓		✓				
	5 Year		✓					
		Starting at \$2395	Starting at \$2795	Starting at \$2995	Starting at \$3545	Starting at \$4325	Starting at \$4845	Starting at \$3895

OPTIONS AND ADD-ONS		ALLEGRO	RIALTO	ALLEGRO 2	STUDIO	CENTERLINE	CLINICAL	FLETCHER
STRETCH VERSION		✓			✓			
ADD ON TOWER		✓	✓	✓	✓	✓	✓	
JUMPBOARDS	Standard	✓	✓	✓	✓	✓	✓	
	Oversized	✓			✓		✓	
INFINITY FOOTBAR					✓	✓		

NEW!

CONTROLOGY	Metal Frame	4 Long-Neck Springs	Shorter Footbar	Lower-Positioned Adjustable Springbar	Leather Straps & Handles	Limited Lifetime Warranty
------------	-------------	---------------------	-----------------	---------------------------------------	--------------------------	---------------------------

Partnering with Balanced Body® on Equipment and Education: Q & A with Fay Grove

U.S. Fitness Group Washington DC



Editor's Note: **Fay Grove** is Corporate Director of US Fitness Group, parent company of over 48 clubs, including Sport&Health, OneLife and Crunch. Fay

has partnered with Balanced Body on equipment and education since 2003. We caught up with Fay to see how the partnership has evolved.

BB: As background, how did you get into the fitness business?

Fay: I was a couch potato growing up. When I was 24 I took my first Pilates sessions and really enjoyed it. I eventually discovered that movement truly is for everybody. In 5 months doing Pilates, I lost about 30 pounds. Not long after, I decided to make fitness my profession!

BB: Why did you choose Balanced Body as your equipment partner?

Fay: US Fitness looks for the highest quality programs and equipment. We want to provide the best for our members at an affordable price. Balanced Body's product quality is impressive and we are proud to work with a company that manufactures in the USA. They also offer innovative movement tools like CoreAlign, Bodhi and MOTR. Adding these "beyond Pilates" disciplines to our mindful movement program helps us increase revenue and stay competitive. Pilates has a stigma for some members - too girly, or too scary, or not hard enough (seriously?!) These "beyond Pilates" programs help us reach a population that want mindful movement exercise but isn't sold on Pilates. I can't think of a better partner in mind-body movement than Balanced Body.

BB: How did you begin to implement the equipment and programming?

Fay: We first started the Pilates program in a couple of clubs, and opted for a dedicated Pilates studio in order to have best chance at success. Most of our studios have 5 or 6 Reformers with towers, one Cadillac, one barrel and at least one chair. We offer private sessions and group, and limit our groups to 5 participants.

BB: Where did you find your instructors?

Fay: Mostly internally. A lot of our group ex instructors and personal trainers decided to take Pilates training. Some of our clients, like me, get trained in Pilates and become our instructors.

BB: How is the program marketed?

Fay: Each club has a dedicated person that promotes and manages the program on the ground. We offer a demo session to all new members, and we work our best to educate as many members as possible about Pilates and the mindful movement program.

BB: Do you think Pilates/mindful movement has been an important recruitment/retention vehicle for those clubs?

Fay: Yes, offering Pilates and mindful movement to our members sends a message that we offer very high-end programming. We care deeply about our members and we have highly qualified Pilates' professionals with knowledge and experience to care for them. We are trusted with our members'



most value asset -- their body -- and we take this very seriously. Partnering with Balanced Body has helped us sustain growth without compromising quality of service. The customer retention with our Pilates and mindful movement services is impressive. Most of our trainers have clients that have been training with them for over 10 years! Balanced Body Education has been a vital partner in supporting our goal for excellence in training and turning our Pilates and mindful movement program into a viable stream of non-dues revenue.

Learn more: www.usfitnesscareers.com

Allegro® 2 Reformer

Beautifully designed and built, the Allegro® 2 Reformer offers smooth transitions, seamless flow, easy adjustments and maximized comfort.

Start simple, then add legs, a tower and accessories. Your Allegro 2 also rolls, stacks and stores on end. With a smooth, quiet ride on our precision carriage system, Allegro 2 is perfect for professional and home use.

Included with Your Reformer

- » Integrated seamless carriage surface with 3-position headrest
- » EasySet™ Footbar
 - Adjusts vertically (3 positions plus down) by simply lifting the footbar.
 - Slide it horizontally to 9 locking positions. Accommodates all body sizes, including children.
 - Footbar is a smooth and grippy surface for hands and feet.
- » SoftTouch® Rope System - instant, accurate with no clips or cleats.
 - Adjust ropes immediately even while lying on carriage, with lever accessible under headrest.
- » SoftTouch Padded Double Loops
- » Powder-coated aluminum frame with maple accents.
- » Standard/low height for easy stacking, or add legs.
- » Shoulder rests adjust to narrow and wide positions and remove quickly.
- » Risers are ergonomic and remove easily.
- » Switch between loops and optional handles using our unique soft attachment loops.

- » Built-in, maple standing platform, pre-configured to accept padded foot plate.
- » 5 Signature Springs™ (3 red, 1 blue, 1 yellow) with Spring Collars™.
- » 9 upholstery colors included (Stock: Storm). 42 custom colors. Add \$85.
- » CE approved medical device (Class 1).

Pricing

Allegro 2	12505	\$3045 US
Allegro 2 with Legs	12499	\$3340 US

10 Year Limited Warranty / 30-day money back guarantee.

Allegro® 2 Tower System

- » Expand the Allegro® 2 system to grow your practice.
- » Gain 80% of full Trapeze Table exercise repertoire.
- » Perform mat workouts on either side of the Tower.
- » Add integrated exercises with the moving Reformer carriage.
- » Remove and store as needed.

Tower includes

- » Extra wide 3-sided push through bar for larger, less flexible clients. Optional 4th side. Maple roll-down bar.
- » Move carriage to head-end and drop in 1-piece mat.
- » 8 Signature Springs™: regular length (2 blue, 2 yellow) and long (2 purple, 2 yellow).
- » 27 attachment points for springs.

- » Easy to access storage area for springs not in use.
- » 1 Pair of double, padded SoftTouch® loops.

Accessories, Options & Upgrades

- » Sitting Box
- » Footstrap
- » Padded Jumpboard
- » Leg and Post Kit
- » Plank Bars
- » Cardio Cloud
- » Padded Footbar Cover
- » Oversized Standing Platform
- » Standing Platform Pad
- » Platform Extender
- » Plank Bars
- » Wheel Kit for Allegro 2 with no legs
- » F.I.T. Kit (for Allegro 2 with Tower)



Free Streaming videos

[video.pilates.com](https://www.video.pilates.com)

Pricing

Allegro 2 System with Tower includes: Reformer with legs, plus Tower and Mat Conversion. Save \$200!

Complete Allegro 2 System	12501	\$4760 US
Tower and Mat Conversion	12495	\$1620 US
Tower only	11927	\$1395 US
Mat Conversion only	12313	\$225 US



ALLEGRO® 2 REFORMER

Powder-coated Aluminum
Frame with Maple accents

Seamless 1 piece
carriage pad

EasySet™ Footbar

SoftTouch® Rope System

Standard/Low Height
plus optional legs

Narrow & Wide Position
Shoulder Rests

Springs: 3 red,
1 blue, 1 yellow

3-position Headrest

SoftTouch Padded
Double Loops

Maple Standing Platform
for Padded Jumpboard

Optional Tower and
Mat Conversion

Learn more at
pilates.com

Starting at
\$3045



Allegro® Reformer

With proven performance and reliability, the Allegro® is the most widely used Reformer, with over 43,000 in service worldwide.

Build your program at your speed. Start with the standard Allegro, then expand by adding legs, a tower and accessories.

- » Use it for group exercise, personal training, PT/Rehab or in-home.
- » Fits all body shapes and sizes.
- » At 36" (91cm) wide, the securely-locking footbar is widest on market. 4 horizontal and 4 vertical positions for users of all sizes and abilities.
- » Allegro Stretch is perfect for users over 6'4" (195cm). Frame is 18" (46cm) longer, 2" (5cm) wider and 6" (15cm) longer. An oversized standing platform is included.
- » Easy to set-up, move and store.
- » Stacks and stores vertically, with or without legs.

Included with Your Reformer

- » Standard height for easy stacking, or add legs to raise to 14" (36cm) high.
- » SoftTouch® ropes and loops have unique, quiet, soft attachment loops.
- » Adjust or remove the shoulder rests quickly with the TwistLock system.
- » Footbar lockout knobs allow easy horizontal adjustments.
- » Transport wheels.
- » Smooth, quiet ride provided by precision carriage system.
- » Custom stability padding for increased comfort.
- » 5 Signature Springs: 3 red, 1 blue, 1 yellow.

- » Footstrap included if Sitting Box is purchased with Allegro.
- » 9 upholstery colors included (Stock: Black). 42 custom colors. Add \$85.
- » CE approved medical device (Class 1.)



Free Streaming videos
video.pilates.com



Learn more at
pilates.com

Pricing

Allegro, Standard	12315	\$2445 US
Allegro, with Legs	12511	\$2740 US
Allegro, Stretch	12322	\$2745 US
Allegro, Stretch with Legs	12513	\$3040 US

10 Year Limited Warranty / 30-day money back guarantee (excluding freight).

Allegro Tower of Power®

- » 80% of the full Trapeze Table functionality.
- » Mat workouts on either side of the Tower, and integrated Tower exercises on the Reformer.
- » Easy lift-off removal of Tower for vertical storage.
- » 8 Signature Springs: regular length (2 blue, 2 yellow) and long (2 purple, 2 yellow).
- » Multiple resistance angles, with 22 spring attachment points.

Included with Your Tower

- » The most stable, secure tower on the market.
- » 3-sided push-through bar adjusts quickly to 3 heights. Optional 4th side. Includes safety strap and carabiner.
- » Easy mat conversion – move carriage to head of frame, and drop in one-piece mat.

Accessories and Upgrades

- » F.I.T. Kit (for Allegro with Tower)
- » Sitting Box
- » Footstrap
- » Allegro Jumpboard
- » Allegro Jumpus Maximus
- » Cardio Cloud
- » Allegro 14" Retrofit Kit
- » Oversized Standing Platform
- » Standing Platform Pad
- » Wall Security Strap
- » Add-a-Platform™
- » Padding
- » Loops

Pricing

Complete Allegro Tower of Power package includes an Allegro Reformer with legs, plus Tower and drop-in Mat Conversion. Purchase together and save \$200.

Complete Allegro with

Tower of Power	12509	\$4130 US
Tower & Mat Conversion	12507	\$1590 US
Tower only	11929	\$1395 US
Mat Conversion only	12304	\$195 US





ALLEGRO® REFORMER

Standard/Low Height
plus optional legs

Springs: 3 red,
1 blue, 1 yellow

TwistLock™ Removable
Shoulder Rests

Footbar with 4 Horizontal
& Vertical Positions

Optional Jumpboard

Moves Easily at
Just 100 lbs.

Stacks & Stores Vertically

Soft Touch®
Ropes & Double Loops

Transport
Wheels Included

Optional Tower

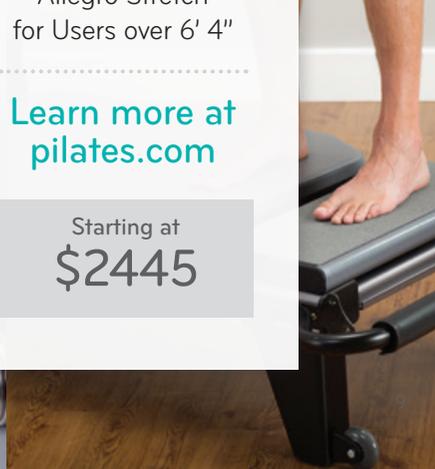
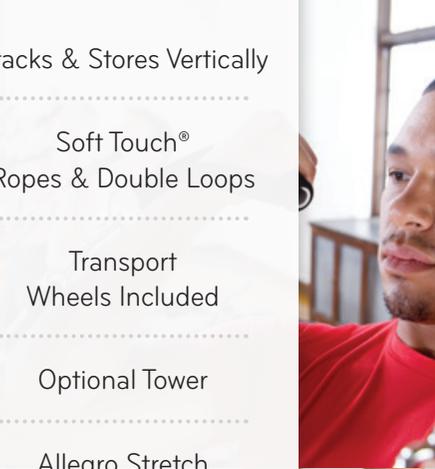
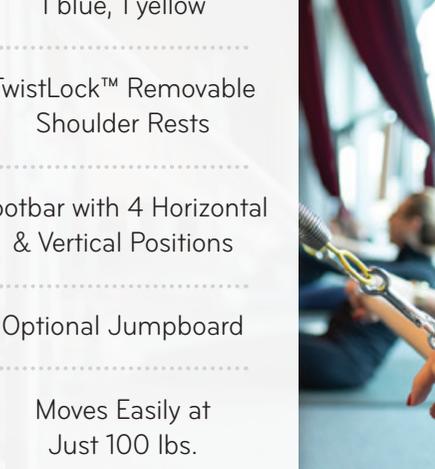
Allegro Stretch
for Users over 6' 4"

Learn more at
pilates.com

Starting at
\$2445



Pilates Equipment



New! Rialto™ Reformer

Innovative Design. Quality Craftsmanship. Powerful Performance.

For over 40 years, Balanced Body Reformers have set the gold standard for design, craftsmanship and performance. Our new Rialto Reformer is on par with a unique metal/wood frame, a "ready-to-unpack and get-to-work attitude" and a value price.

Designed with today's small group training in mind, the Rialto packs all the necessary professional-grade features. Users will enjoy our hallmark quiet carriage ride, quick-adjustment ropes and cleats, and comfortable over-molded padding on carriage. The Rialto Reformer is simply the best in class.



Included with Your Reformer

- » Handcrafted solid Maple frame with extruded aluminum legs for easy on/off.
- » Ultra-cushioning over-molded carriage pad shoulder rests and head rest.
- » 5-position footbar with 1-step vertical adjustments.
- » 5 Signature Springs™ (3 red, 1 blue, 1 green.)
- » Sitting Box Lite and footstrap adds prone, torso and stretching exercises.
- » 3-position shoulder rests - normal , wide width and removable.
- » Standard 14" height only.
- » Extra-wide standing platform with non-skid surface.
- » Black only.
- » 5-year limited warranty.
- » Stackable for storage.



Free Streaming videos

video.pilates.com

Coming in 2019!

Rialto Tower

Dramatically increase your exercise repertoire, integrating movements using the Tower with moving Reformer carriage.

Rialto Jumpboard

For jumping and cardio exercise, and recreating a biomechanically accurate standing position while lying on Reformer.

Rialto Plank Bars

Discover new options for exercises like Push-ups and Tendon Stretch, and all exercises that require supporting yourself with your arms.

Pricing

Rialto Reformer 16088 \$2795

RIALTO™ REFORMER

Solid Maple Frame

Standard 14" Height
Aluminum Legs

Over-molded Carriage Pad,
Shoulder Rests, Head Rest

Secure 5-Position Footbar

Springs: 3 Red,
1 Blue, 1 Green

Extra Wide Non-Skid
Standing Platform

Includes Sitting Box Lite
& Footstrap

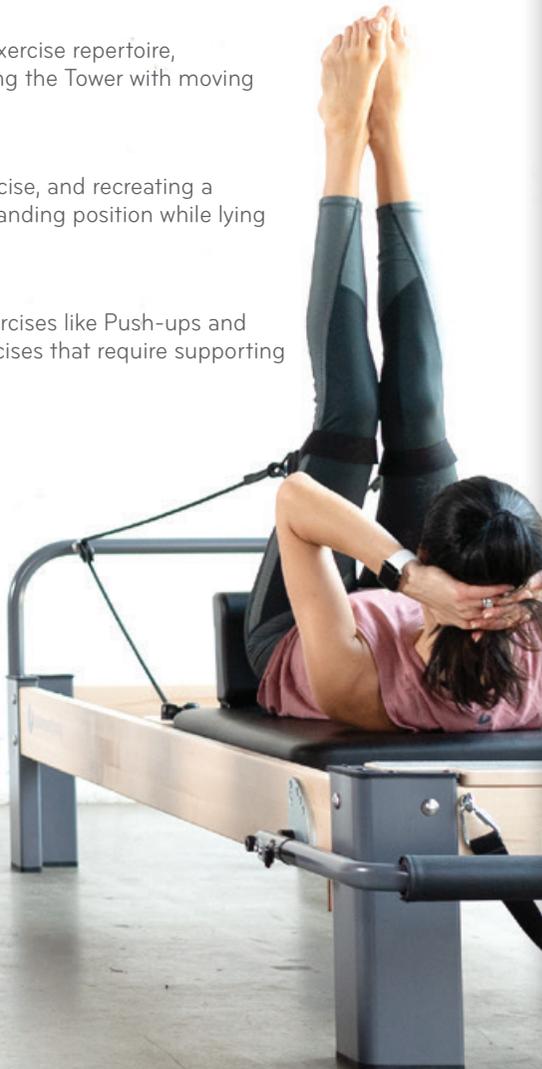
Black Padding Only

Optional Jumpboard,
Tower, & Plank Bars

5 Year Limited Warranty

Learn more at
pilates.com/rialto

Starting at
\$2795



Studio Reformer®

Our Studio Reformer® is strong, beautiful and a proven workhorse. Fully adjustable and incredibly comfortable, it's like an extension of your body.

Included with Your Reformer

- » Smooth, quiet ride provided by precision carriage system. Longest standard carriage ride in the industry, at 41" (104cm). Control extension with 5 range-limiting carriage stops.
- » 5 Signature Springs (3 red, 1 blue, 1 green.)
- » Choice of Premium Springbars.
- » Precise, non-slip adjustments with ropes, cleats, and cotton loops.
- » TwistLock™ removable shoulder rests.
- » Built-in non-slip standing platform.
- » CE approved medical device (Class 1.)

BONUS (at no charge):

- » Choice of sitting boxes: Standard, New York or Sitting Box Lite
- » Cotton footstrap
- » Foam handles

Customize your reformer

- » Choose a frame height at no charge:
 - 14" (36cm)—Standard height for all exercises, seated and standing work, and for facilities with low ceilings.
 - 18" (46cm)—Less bending when working with clients, good accessibility for wheelchair transfers.
 - 24" (61cm)—Easiest working height for clinicians and manual therapy, and clients challenged by getting on/off.

- » Frame Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple or other select Strata® woods.
- » 9 upholstery colors (Stock: Black) 42 custom colors available. Add \$85.



Free Streaming videos

video.pilates.com

Reformer Footbars & Springbars Revo Adjustment System™

- » Easiest and quickest adjustment available. Lift the springbar lever and slide carriage until it clicks into the next position.
- » Locking Revo Footbar® offers 4 positions, comfortable padding and non-slip surface.
- » Moving the Revo Springbar™ moves the carriage to/away from the footbar, while maintaining neutral spring tension. 5 positions allow 12" (31cm) of adjustability. Creates ergonomically correct position for every user.
- » 2x Spring Resistance Adjustments: no-load (neutral) and pre-loaded.

Classic Footbar/No-Roll Springbar

- » Classic Footbar has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface. Non-locking.
- » Patented No-Roll Springbar adjusts resistance in 2 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released.

Infinity Footbar® and Choice of Springbars

- » Adjusts the entire length of the frame.
- » Unmatched adjustability and extra-wide surface support a wider range of Reformer exercises, including upper body work. Lockout knobs for one-handed horizontal adjustments.
- » Combine the multi-position Infinity Footbar with a Revo Springbar™ for the most precise system available, or choose the more traditional No-Roll Springbar.

Pricing

With Revo Footbar® / Revo Springbar™
\$3595 US

With Infinity Footbar® / No-Roll Springbar
\$4195 US

With Infinity Footbar® / Revo Springbar™
\$4395 US

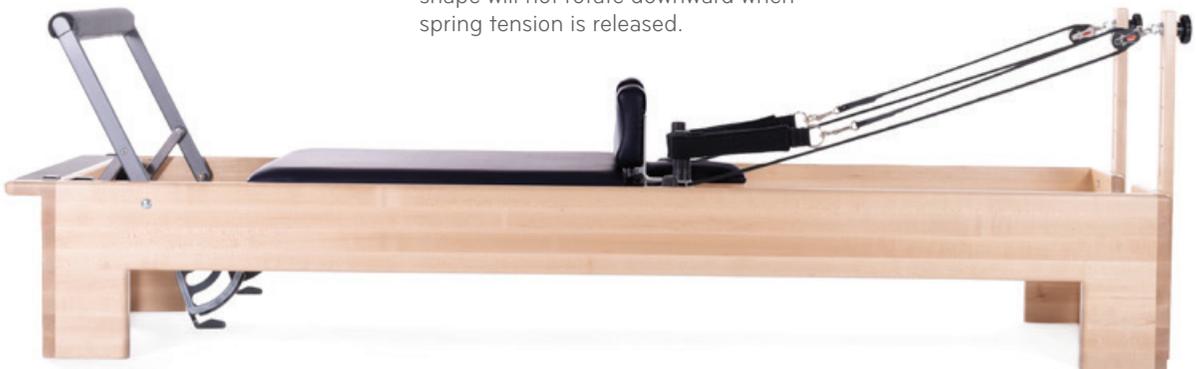
Limited Lifetime Warranty

Stretch Studio Reformer®

6" longer than standard, with 47" (119cm) of carriage travel. Recommended for anyone over 6' 4", and those between 6' 1" - 6' 4" depending on flexibility and body proportions. Add \$300.

Studio Reformer with Tower

Expand your exercise options with the addition of a Tower. See Reformer with Tower page.



STUDIO REFORMER®

18" and 24"
frame heights

Springs: 1 green,
3 red, 1 blue

41" (104cm)
Carriage Ride

5 Carriage Stops

Choice of Springbars

Non-Slip
Standing Platform

TwistLock™ Adjustable &
Removable Shoulder Rests

Choice of Select
Woods for Frame

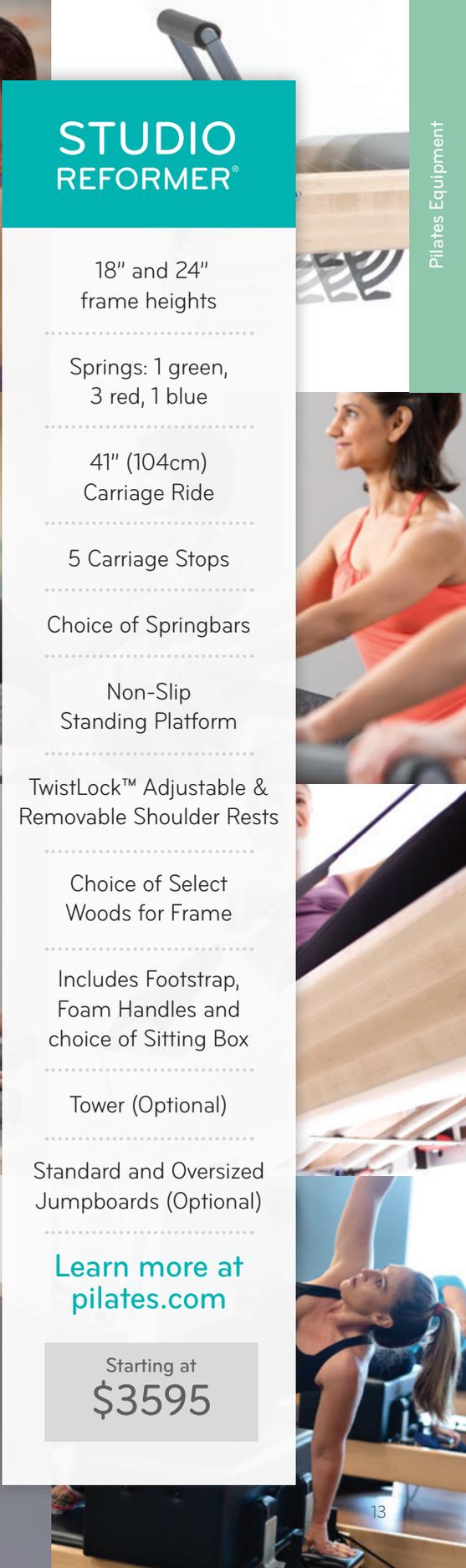
Includes Footstrap,
Foam Handles and
choice of Sitting Box

Tower (Optional)

Standard and Oversized
Jumpboards (Optional)

Learn more at
pilates.com

Starting at
\$3595



Clinical Reformer®

Collaborating with rehabilitation professionals, we developed the Clinical Reformer® to be the most versatile and effective tool used by clinicians worldwide.

- » Coupled with the Revo Springbar™, Clinical Reformer provides an ergonomically correct position for any user's size and range of motion. Easy-to-use handles allow for one-handed adjustments.
- » Padded 3-position headrest provides cervical support.
- » Infinity Footbar® works for all heights as it adjusts the entire length of the frame.
- » Safe and comfortable for all size bodies.
- » Longest carriage ride in the industry at 41" (104cm.) Control extension with 5 range-limiting carriage stops.
- » Precise, non-slip adjustments with ropes/cleats.
- » Cushioned Stability adding on carriage at no extra charge.
- » CE approved medical device (Class 1).
- » Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods.
- » 9 upholstery colors (Stock: Black) 42 custom colors. Add \$85.

Accessories and Upgrades

- » Proprioception T-Bar
- » Select Strata® Woods
- » Sitting Boxes and Sitting Box Lite
- » Cardio Cloud
- » Face Rest Mount



Free Streaming videos

[video.pilates.com](https://www.pilates.com)

Bonus at no extra charge:

- » Standard Sitting Box
- » Padded Jumpboard
- » Oversized Standing Platform
- » Padded Double Loops and Foot Strap; Foam handles; adjustable thigh and ankle cuffs
- » Factory pre-drill for Tower and Proprioception T-Bar

Customize your reformer

- » Choose a frame height:
 - 14" (36cm)—Standard height for all exercises, seated and standing work, and for facilities with low ceilings.
 - 18" (46cm)—Less bending when working with clients, good accessibility for wheelchair transfers.
 - 24" (61cm)—Easiest working height for clinicians and manual therapy.



Learn more at

[pilates.com](https://www.pilates.com)

Pricing

Clinical Reformer 12244 \$4895 US
Limited Lifetime Warranty

Clinical Reformer® with Tower

Enhance your rehabilitation options.

Tower with twin mat conversion
15269 Add \$2170

Tower only
15268 Add \$1495

Twin mat conversion only, standard foam
12042 Add \$675

Twin mat conversion only, custom stability padding
12042C Add \$775



Included with Your Reformer

- » Built-in, non-slip standing platform.
- » Quietest and safest carriage ride with precision carriage system.
- » Accurate and easy adjustability.
- » TwistLock™ shoulder rests adjust or release quickly.
- » Quick mat conversions with locking, retractable metal risers.
- » Revo Springbar adjusts ergonomic positions easily.
- » Consistent resistance with 6 long-lasting Signature Springs™: 1 green, 3 red, 1 blue, 1 yellow.





CLINICAL REFORMER®

14", 18" and 24"
frame heights

41" (104cm)
Carriage Ride

Springs: 1 green, 3 red,
1 blue, 1 yellow

Infinity Footbar®

Revo Springbar™

TwistLock™ Removable
Shoulder Rests

Padded Double Loops,
Footstrap

Adjustable Cuff and
Foam

Comes with Sitting Box,
Jumpboard, Oversized
Standing Platform

Optional Tower and
Mat Conversion

Learn more at
[pilates.com](https://www.pilates.com)

Starting at
\$4895

Ron Fletcher™ Reformer

Great for Fletcher Pilates® at studios, teaching centers and in-home.

Based on plans given to Pilates Elder Ron Fletcher by Clara Pilates. Ron studied with Joseph and Clara Pilates beginning in 1946. Balanced Body has built custom Reformers for Fletcher Pilates for more than 30 years.

The Fletcher Reformer is slightly narrower than our Studio Reformer®.

Features

- » Specialized configuration with leather straps and casters.
- » Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions. No-Roll Springbar has 2 "gear" positions for resistance changes.
- » 4 red Signature Springs.
- » Built-in standing platform with non-slip surface for safety.

- » 9 upholstery colors (Stock: Black). 42 custom colors. Add \$85.
- » Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods.
- » Standard sitting box.
- » Cotton foot strap, 25"/64cm.
- » Pair of wool fuzzies.

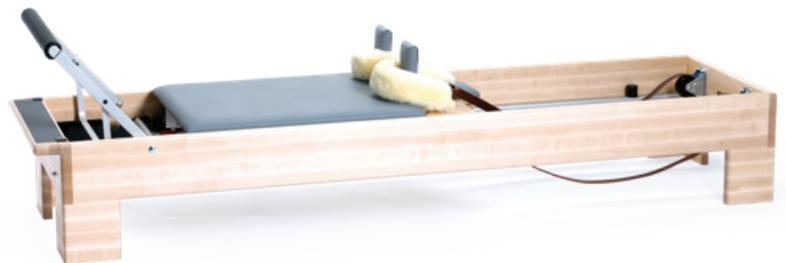


Learn more at

pilates.com

Pricing

Ron Fletcher Reformer 12260C \$3895 US
Limited Lifetime Warranty



CenterLine® Reformer

Built in collaboration with Amy Taylor and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado

Using innovative engineering and feedback from discerning customers, the CenterLine Reformer now provides:

- » Carriage ride with deliberate resistance, feedback and "end feel".
- » A quiet ride, so user can focus on the work, not the noise.
- » Comfortable, stable shoulder blocks -- providing secure support for shoulders, hands and feet.
- » 4 unplated springs.
- » Gondola pole and short box dowel.
- » Kneeling pads (2).
- » Sitting Box: handles on 3 sides. Extra padding on sides and top.
- » Cotton foot strap and extender straps.
- » Pre-installed jumpboard bracket.
- » 9 upholstery colors (Stock: Black). 42 custom colors. Add \$85.

- » Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods.
- » Unparalleled delivery and service.

Options and upgrades

- » Gondola pole brackets
- » CenterLine Reformer Tower features components identical to those of the Pole System Tower. Details online at pilates.com
- » Jumpboard

Pricing

CenterLine Reformer	12263	\$4325 US
Complete CenterLine System. Purchase Reformer, Tower & Mat together and save \$200	12267C	\$6240 US
Tower & Mat Conversion	15271	\$2115 US
Tower only	15270	\$1495 US
Jumpboard	12088	\$195 US

Limited Lifetime Warranty



Pilates IQ® Reformer for the Home

A professional-quality Reformer for home that is easy to store and budget-friendly.



Sets up in seconds, then disappears under your bed or in a closet when workout is done. No other reformer shortens for storage and still provides a smooth, seamless carriage ride. Stores flat (under bed) or upright (in closet) with wheels for easy portability. Choose from two configurations, depending on your storage needs. Telescoping frame lengthens for use, shortens for storage. Lever locks make this fast and foolproof.

Included with Your Reformer

- » Professional-quality carriage and rails.
- » 5 Signature Springs™: 3 red, 1 blue, 1 yellow.
- » Padded, 4-position footbar provides 9" (23cm) of adjustment - now with easier-to-use knobs for fast changes.
- » 3-position headrest for comfort and cervical support.
- » Built-in 5.5" (14cm) wide non-skid standing platform.
- » Custom stability padding for maximum comfort. 9 upholstery colors (Stock: Storm). 42 custom colors. Add \$85.

Optional accessories

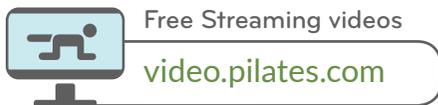
- » Sitting Box
- » Jumpboard
- » Footstrap (included w/ Sitting Box purchase)
- » Easiest to store

Pricing

Choose Wheelbarrow wheels to move the IQ like a wheelbarrow, or Library wheels to stand the IQ on end and store in a closet.

with Library wheels	11991	\$1995 US
with Wheelbarrow wheels	11981	\$1995 US

2 year limited warranty for non-commercial use.
30 day money-back guarantee.



Learn More at
pilates.com

Starting at
\$1995



Contrology™ Classical Reformer

The Classical “feel” that instructors and enthusiasts are expecting.

Working in collaboration with some of the most experienced and brightest minds in the Classical world including Jay Grimes and Karen Frischmann, Balanced Body is proud to introduce the Contrology™ Classical Reformer. Designed to be the best version of the original Pilates Reformer as developed and used by Joseph Pilates.

Included with Your Reformer

- » 4 long-neck springs (non-plated carbon steel) create additional slack on the way in, making it more challenging to bring the carriage “home”.
- » Strong, secure and durable extruded aluminum frame designed for every body.
- » Choice of 4 frames: 80" (203cm) JGRIMES, 80" (203cm) custom, 86" (218cm) custom, 89" (226cm) custom.
- » Thin, dense, foam on carriage for greater feel.
- » Based on Joe's original dimensions, Footbar position provides increased feedback while exercising.
- » Gear block (1) and Carriage blocks (2) (86" and 89" Reformers only).

- » Deeper Springbar hooks provide proper spring angle.
- » Contoured shoulder blocks mold to shoulders and feet. Intentionally unpadded area around shoulder blocks is space for ball-of-feet during specific exercise.
- » Pre-stretched natural leather straps (2) with O-ring attachments include strap mounts for small adjustments in strap length.
- » 2 Leather and Wood Handles.
- » Hand-finished 36"/92cm Maple pole with rubber tip for grip.
- » 2 Cushioning kneeling pads.
- » Sitting Box: Metal handles on 2 sides and thin dense padding for enhanced feel. 15" (38cm) x 27" (69cm) x 8" (20cm).
- » 9 upholstery colors Stock: Black. 42 custom colors. Add \$85.
- » 2 black cotton, soft and flexible footstraps.



- » 2 black cotton, soft and flexible extender straps.
- » Jumpboard bracket pre-installed for optional accessory (86" and 89" Reformers only.)

Introductory Pricing

Contrology Reformer		
JGRIMES	16095	\$4500 US
80"C	16472C	\$4500 US
86"C	16472C	\$4750 US
89"C	16472C	\$4750 US

Limited Lifetime Warranty

Contrology Reformer Springs		
Individual	16228	\$40 US
Set of 4	16338	\$150 US

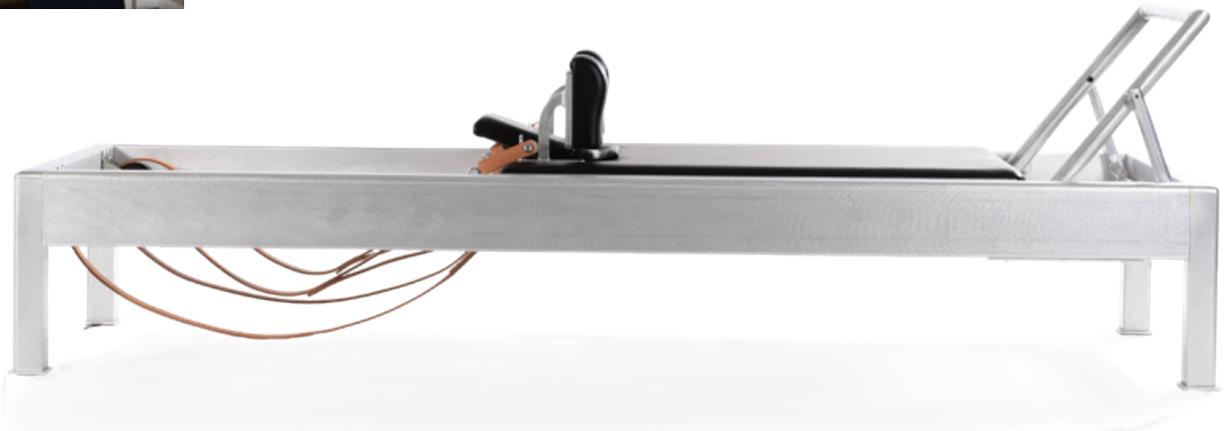


Learn more at

pilates.com



“For us to maintain our strong roots, we need to have the apparatus that works best the way we work as classical instructors. The Contrology Springs will help us keep the longevity in our practice.” ~Karen Frischmann



CONTROLOGY™ REFORMER

Developed in Collaboration
with Jay Grimes and
Karen Frischmann

Unplated Carbon Steel
Long-Neck Springs (4)

Strong and Secure
Extruded Aluminum
Frame

Original
Dimensions Footbar

Natural Leather Straps

Leather & Wood Handles

Choice of Frame Length
80" (203cm), 86" (218cm)
or 89" (226cm)

Contoured
Shoulder Blocks

Learn more at
[hello.pilates.com/
controlology](https://hello.pilates.com/controlology)

Starting at
\$4500

"It was so much fun to work with Balanced Body on the Contrology Reformer... to be able to really look at how (it) works, how we use it as practitioners, what needs to happen, and what was missing. I'm just very happy that we finally have it." ~Jay Grimes

Reformer with Tower

A Reformer, Mat Station and Tower, all in one. Work in multiple planes of resistance, on mat or moving platform, and from both sides of the Tower.

Combine our Studio Reformer® or Clinical Reformer® with a Tower: Most secure frame available, Tower is engineered for maximum stability. Stainless steel frame is resistant to chipping, pitting and corrosion. Fabrication is more environmentally responsible.

Tower:

- » Innovative Slide System makes repositioning the push-through bar fast and easy, and won't interrupt session flow. Quiet to use, 3-sided PTB push-through bar is made of maintenance-free anodized aluminum and adjusts to 3 heights.
- » Perform exercises from both sides of Tower.
- » CE approved medical devices (Class 1) Studio Reformer® with Tower and Clinical Reformer® with Tower.

Tower Includes

- » Maple roll-down bar with 39 spring attachment points.
- » 8 Signature Springs with snaps. Regular: 2 yellow, 2 blue. Long: 2 yellow, 2 purple. Safety strap and carabiner included.

Mat Conversion:

- » Transform your Reformer into a raised mat. 2 lightweight mats easily fit over carriage on top of frame.
- » Add floor exercises by using the mats on the floor.
- » 9 Upholstery colors. Stock: Black. 42 custom colors. Add \$85.

Tower Retrofit Kit

Install on any Balanced Body wood Reformer fitted with ropes and risers. Includes mounting bracket and all hardware.

Pricing:

Pricing: Studio Reformer® with Tower

Includes Studio Reformer with Revo Footbar®/ Springbar, Tower and Twin Mat Conversion. Save \$200 when you purchase Reformer and Tower. Limited Lifetime Warranty

Studio Reformer with Tower 11949 \$5565 US

Pricing: Clinical Reformer® with Tower

Includes Clinical Reformer with Infinity Footbar®/ Revo Springbar, plus Tower and Twin Mat Conversion. Save \$300 when you purchase Reformer and Tower. Limited Lifetime Warranty

Clinical Reformer with Tower 12251 \$6765 US

Tower & Twin Mat Conversion for Studio/Clinical Reformers	15269	\$2170 US
Tower only	15268	\$1495 US

Options & upgrades

- » Springs, Straps, Thigh and Ankle Straps, Stability Sling and more!
- » F.I.T. Kit® for your Tower.



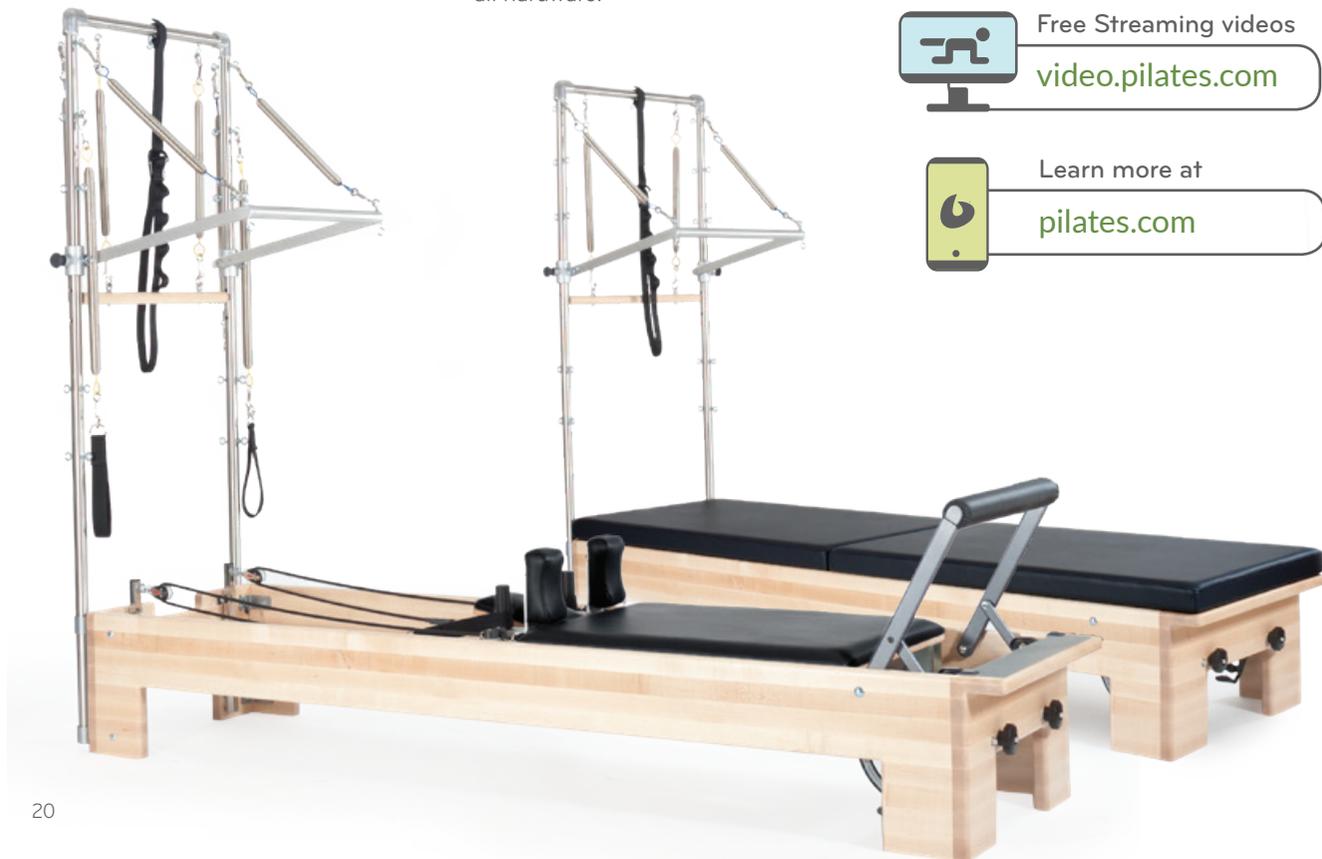
Free Streaming videos

[video.pilates.com](https://www.video.pilates.com)



Learn more at

[pilates.com](https://www.pilates.com)





REFORMER WITH TOWER

Reformer, Mat Station & Tower in One adds Functional Versatility

Handcrafted Maintenance-Free Stainless Steel Frame

Durable Lightweight Mats for Easy Change

8 Signature Springs: 4 Regular, 4 Long

Innovative Push-Through Bar with Slide System

Maple Roll-Down Bar with 39 Spring Attachment Points

CE Approved Class 1 Medical Device

[Learn more at pilates.com](https://www.pilates.com)

Starting at
\$5565

Konnector®

Taking Reformer work to the next level with exciting new exercise options and progressions of standard Pilates moves.



Learn More at
[pilates.com](https://www.pilates.com)

Konnector®
\$699

Available for
Studio, Original
Allegro and
Rialto Reformers



Innovative. Engaging. Effective. Fun. Konnector is a single-rope pulley system connecting arms and legs in full-body workouts that'll keep you wanting more.

Created by Viktor Uygan of Konnect Pilates, Konnector takes Pilates to a dynamic new level with independent and simultaneous movement of arms and legs. The single rope system engages your entire body (lift your legs and you'll feel it in your arms), providing constant proprioceptive feedback and stronger core activation.

Want to "just do Pilates"? A simple locking mechanism returns Reformer to standard functionality.

- » Switch between Konnector work and standard Reformer functionality.
- » Strong mind-body connection and awareness of imbalances and asymmetries.
- » Single rope pulley system with (4) Tri Loops and enhanced hand/foot positions.
- » Specially-designed "quiet ride" pulleys decrease noise in motion.

Konnector Kits: \$699 ea [Contact us to ensure you get the right kit.](#)

Konnector Kits are available for the following apparatus:

12655 Studio Reformer with wood risers

16435 Studio Reformer with metal risers (with Tower)

15173 Studio Reformers with TwistLock™ shoulder rests and wood risers

16434 Studio Reformers with TwistLock™ shoulder rests and metal risers

16438 Allegro Reformer with TwistLock™ shoulder rests and riser posts

16439 Allegro Reformer with TwistLock™ shoulder rests with Tower

16436 Rialto Reformer
Installation & Maintenance Videos
available at [pilates.com](https://www.pilates.com).





Reformer Trapeze Combination™ (RTC)

Ideal for Reformer and Trapeze work in a limited space. Our Studio Reformer® is combined with a complete Trapeze Table (Cadillac). Converts easily with 2 removable mats, while the carriage stays in place.

Reformer

- » Choose frame height to best meet your ergonomic needs:
 - 14" (36cm)—Standard height for all exercises, seated and standing work, and facilities with low ceilings.
 - 18" (46cm)—Less bending when working with clients, and good accessibility for wheelchair transfers.
 - 24" (61cm)—Easiest working height for clinicians and manual therapy. Good for clients challenged by getting on/off.
- » Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple or other Select Strata® woods.
- » Options: Classic Footbar with No-Roll Springbar, or the Revo Footbar®/Revo Springbar System.
- » Retractable metal risers adjust easily, up to 9" (23cm) above the frame, and allow for quick mat conversions. Risers lock into 4 positions for accurate adjustment.
- » 5 Signature Springs™: 1 green, 3 red, 1 blue.
- » 9 upholstery colors.. Stock: Black. 42 custom colors. Add \$85

Trapeze Table

- » Push-through bar with Slider System.
- » Stainless steel frame with smooth-sliding horizontal and vertical crossbars. Self-lubricating, greaseless bushings.
- » Plastic-tipped butterfly locking knobs prevent burrs.
- » Maple roll-down bar (23"/58cm) with inside hooks.
- » Anodized aluminum push-through bar with Slider System adjusts to 3 heights. Use as 3 or 4-sided bar.

- » Safety strap and carabiner (included). Maple push-through bar available on request at time of purchase.
- » 12 Signature Springs™ included - Regular: 2 each yellow, blue, red and black (for Trapeze Bar). Long: 2 yellow and 2 purple.
- » Trapeze Bar with padded spring sleeves, plus cotton canopy loops (long web, black) and pair of soft lambswool fuzzies.
- » 1 pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs.
- » Twin mat conversion is easy for 1 person to install and store. Useful as floor mat exercise station, too.
- » CE approved medical device (Class 1).

Pricing

With Revo Footbar®/Revo Springbar™
15279 \$6645 US

With Classic Footbar/No-Roll Springbar
15339 \$6445 US

Limited Lifetime Warranty

Options & Upgrades

Most options and upgrades for the Trapeze Table and Studio Reformer are available for the RTC.



Streaming video workout

video.pilates.com





REFORMER TRAP COMBO

Stainless Steel Frame with Choice of Wood

14", 18" and 24" Frame Heights

Choice of Footbar/ Springbar Configuration

5 Reformer Springs, 12 Trapeze Springs

Retractable Metal Risers for Quick Mat Conversion

Push-through Bar with Slide System

Smooth Sliding Horizontal & Vertical Crossbars

Padded Trapeze Bar and Canopy Loops & Fuzzies

Includes Cotton Loops, Thigh & Ankle Cuffs

[Learn more at pilates.com](https://www.pilates.com)

Starting at **\$6645**

Lightweight, stackable and easy to store, the EXO® Chair offers an array of exercise and resistance options. Chair workouts enhance stability, balance and body control.

Upper and lower body strength and conditioning makes the Chair a superb tool for athletes. Heavier resistance than competitive products.

Effective, Challenging and Easy to Use

- » Wide range of resistance choices with 2 springs and 8 positions.
- » Spacious sitting area.
- » No assembly or hardware needed.
- » Easy spring adjustments from front or back.
- » Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System

Your EXO Chair includes

- » Pre-installed eyebolt attachment points (6) for easy upgrade to Functional Resistance Kit.

- » Combine the optional Functional Resistance Kit with the pedal's spring resistance for new exercises (including many Reformer-based exercises).
- » Optional split pedal adds reciprocal and rotational movements for more exercise options. Converts to single pedal with included dowel.
- » 9 upholstery colors. Stock: Black. 42 custom colors. Add \$45.



Free Streaming video

video.pilates.com

Pricing

EXO Chair with split pedal 12458 \$975 US

EXO Chair with single pedal 12456 \$825 US

Ask about volume and quantity discounts.

5 year limited warranty

EXO® Chair

Learn More at
pilates.com

Starting at
\$825



Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado, the CenterLine Chair is based on the smaller measurements Joe used on some of his original equipment.

CenterLine® Chair includes

- » 2 black (heavy) springs, adjustable to 4 resistance settings on safe, secure and easy-to-reach Cactus attachment system.
- » Center-positioned Cactus centers strength into the body.
- » Narrow seat width at 21.5" (55cm) facilitates exercises like Horseback and Spine Stretch.
- » Lightweight for transport and storage, stable and secure for all Chair exercises.
- » Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System
- » 9 upholstery colors. Stock: Black. 42 custom colors. Add \$45

Pricing

CenterLine Chair 12460

\$825 US

5 Year Limited Warranty



Learn more at

pilates.com

CenterLine® Chair

Learn More at
pilates.com

Starting at
\$825





EXO[®] CHAIR

Lightweight, Compact
and Stackable

2 Springs & 8 Positions

Spacious Sitting Area

Optional Split Pedal

Easy Upgrade to
Functional Resistance

No Assembly Required

CENTER LINE[®]

Lightweight,
Stable, Secure

Easy-to-reach Cactus
for Quicker Adjustments

Narrow Seat Facilitates
Many Exercises

5 Year Limited Warranty

EcoWise Flat Mat
(optional)

Designed for functional workouts combining strength, coordination and balance, our Combo Chair is the strongest, most stable chair on the market.

Padded split pedal (conceived by Brent Anderson, PhD, PT) adds rotational and reciprocal movements. Height is ideal for use with a Trapeze Table.

Combo Chair includes:

- » Each pedal has 1 white (light) and 1 black (heavy) spring, totaling 4 springs and up to 90 lbs. (41kg) of resistance. Pedal covers are comfort-padded, non-slip and easy to clean.
- » Convert to single pedal with dowel (included.)
- » Quick-change locking handles adjust to 3 heights.
- » Easy to move with transport wheels.
- » 9 upholstery colors. Stock: Black. 42 custom colors. Add \$45.
- » No assembly required
- » Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System

Options:

- » Removable High Back System includes upholstered cushion. See at pilates.com.

- » Sitting Box Riser for extra support in prone and side lying exercises. Raises existing Sitting Box to the height of the Combo Chair.

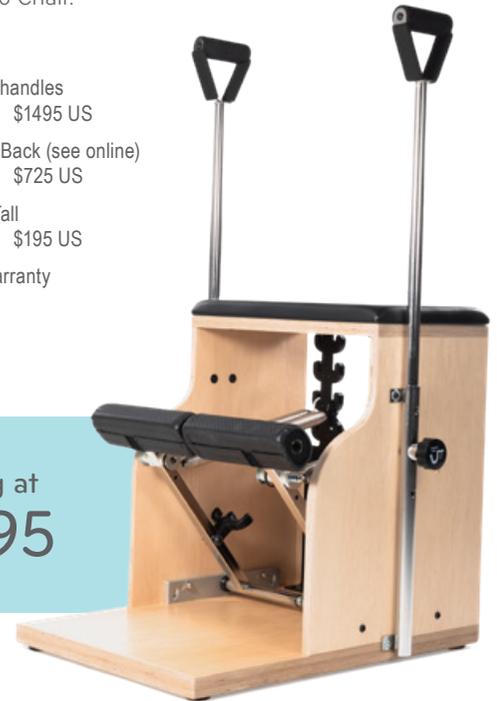
Pricing:

- Combo Chair, with handles
12324 \$1495 US
- Combo Chair High Back (see online)
12326 \$725 US
- Sitting Box Riser, Tall
12418 \$195 US
- 10 Year Limited Warranty

Combo Chair

Learn More at
pilates.com

Starting at
\$1495



Classic in design, our Wunda Chair is easy to use, comfortable, sturdy and expandable. Offers widest range of resistance for a single-pedal chair, up to 83 lbs and 2 springs (black/heavy) are adjustable to 8 resistances.

Wunda Chair includes:

- » Padded, non-slip, easy-to-clean step.
- » Secure hand holds with cut-out handles.
- » Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System
- » 9 upholstery colors. Stock: Black. 42 custom colors. Add \$45.

Options:

- » Removable handles.
- » Removable High Back System.
- » Removable, padded pedal stopper.
- » Cushions to convert from Pilates apparatus to chair.

Pricing:

- Wunda Chair 11996 \$1095 US
- 10 Year Limited Warranty



Streaming video workout

video.pilates.com

Wunda Chair

Learn More at
pilates.com

Starting at
\$1095



COMBO CHAIR

Quickly Adjusts to 3 heights
with Locking Handles

Wheeled for Easy
Transport and Storage

4 Springs for up to
90 lbs (41kg) Resistance

Optional High Back
and Split Pedal

No Assembly Required

WUNDA CHAIR

Widest Resistance Range
for a Single-Pedal Chair

Up to 83 lbs. Resistance
with 2 Heavy Springs

Most Stable and Strongest
on the Market

Fast & Easy
Spring Changes

Removable Handles
& High Back System
(Optional)



Step Barrels & Baby Arcs

Used to increase spinal strength and flexibility. Our Step Barrels and Arcs are strongest in the industry, with wood 3x the thickness of other manufacturers. Result is a super-durable barrel that maintains its shape, even with standing exercises. For innovative, lightweight alternatives, check-out our Pilates Arc™ and Arc Lite™.

Clara Step Barrel®

Namesake step barrel with design often preferred by classically-trained teachers. Stacks conveniently for storage. Maple-faced sides, vertical cut-out hand holds. Padded, upholstered top.

12353 \$475 US

Contour Step Barrel™

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable to the functionality of Avalon Step Barrel® with springs for resistance exercises. Comes with dowel and cut-out hand holds.

12454 \$525 US

Step Barrel, East Coast

A more gradual barrel curve than the Clara, with shallower well. Sides and top are padded and upholstered. Contoured metal handles.

12351 \$425 US

Baby Arc, West Coast

Easy to move and store, Baby Arc, West Coast is a stackable, lightweight arc with open sides. Padded and upholstered top over wood base.

12355 \$245 US



Baby Arc, East Coast

Easy to move, Baby Arc, East Coast has padded, upholstered top and sides, over wood base. Integrated web handles in 2 positions.

12357 \$295 US

Arc Lite™

Identical in size to our Baby Arcs, Arc Lite features high-density, lightweight foam. Just 2.5 lbs (1.1kg) Arc Lite is used upright and flipped over for balance challenges. Easy to clean, transport and store.

10337 \$95 US



Mini-Mat

For extra comfort and stabilization, our Mini-Mat is a great companion for your Step Barrel, Pilates Arc® or MOTR®. Deep Gray, 1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

10332 \$8.95 US

For upholstered products: 9 upholstery colors available. 42 custom colors. Add \$45.

Product Photos and Details
at Pilates.com





Pilates Arc™

Weighing less than 4 lbs, Pilates Arc functions as a spine corrector and exercise arc.

- » Amazing for core, abdominal, lateral rotation and back extension work.
- » Great for group mat classes, personal training and home exercise.
- » Fits on all Balanced Body Reformers (except Contrology.)
- » Innovative asymmetrical shape accommodates different uses and body types.
- » 2 piece design for wider variety of uses and easier storage.
- » Lightweight at 4lbs (82kg) and easy to clean.

Your Pilates Arc includes

- » Instructional booklet with convenient flip-up stand.

Pricing: Pilates Arc 10298 \$159 US

Volume pricing available. 1 year warranty.

Mini-Mat (Shown on arc below)

For added comfort and non-slip surface, try our Mini-Mat sized fitted for the Pilates Arc.

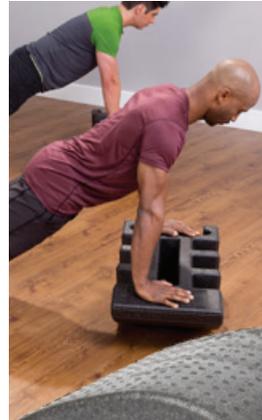
Deep Gray. 1/4" x 34.5" x 12" (0.6cm x 88cm x 31cm).

Mini-Mat 10332 \$8.95 US



Free Streaming video workouts

video.pilates.com



Learn More at
pilates.com

Pilates Arc
\$159

Add Mini Mat
for \$8.95



Ladder Barrel

Our Ladder Barrel features an innovative, easy-to-use solution for adjusting distance between ladder rungs and barrel. Press the foot pedal, slide to desired position, then release the pedal to lock it in place. Fast, easy and secure!

Your Ladder Barrel includes

- » 10 preset positions with quick and secure pedal adjustment.
- » Engraved indicators identify what position you are using. Up to 10" (25cm) of adjustability or different torso and leg lengths.
- » Ergonomic, easy-grip handles.
- » "Comfort zone" padding for double-layer comfort, stability and support with prone exercises like Swan or side lying exercises like Side Sit Up or Mermaid.
- » Grab bar beneath the barrel increases flexibility.
- » Secure footing with bottom foot brace.
- » 9 upholstery colors. Stock: Black. 42 custom colors. Add \$85.
- » Durable, reinforced frame of Rock Maple and Maple laminate. Hand finished Maple dowels.

Pricing

Ladder Barrel	15266	\$1675 US
Vertical and Horizontal Foot Plate	15189	\$195 US
Horizontal only Foot Plate	15170	\$100 US

10 Year Limited Warranty

Optional Vertical and Horizontal Foot Plate

Options for elevated standing between the rails or against the uprights.

Vertical plate 23" x 7.25" (58cm x 18cm).

Horizontal plate 23" x 12.5" (58cm x 32cm)



Learn More at
[pilates.com](https://www.pilates.com)

Starting at
\$1675



Trapeze Table (Cadillac)

The Trapeze Table supports fitness and rehabilitation for all ages and abilities - from gentle, spring-assisted sit-ups to advanced acrobatics. Engineered for maximum stability, efficient adjustment, and safe use.

Your Cadillac Includes

- » Slider System makes repositioning the push-through bar a fast, 1 person job for continuous flow of a session.
- » Stainless steel frame resists chipping, pitting, corrosion and discoloration. Fabrication is more environmentally responsible than chrome.
- » Wider and longer to accommodate broad range of body types.
- » Constructed with hard wood core, and joints lapped and fitted for maximum stability.
- » Easy, secure, unlimited adjustments of horizontal and vertical slider bars.
- » CE approved medical device (Class 1).
- » Anodized aluminum Push-Through Bar adjusts quickly to 3 heights; and can be used as 3- or 4-sided bar. Safely secure Push-Through Bar with safety strap and carabiner (included).
- » Solid Maple roll-down bar (23"/58cm) with inside hooks.
- » 12 Signature Springs™ with snap hooks. Regular: 2 each yellow, blue, red and black (for Trapeze Bar). Long: 2 yellow and 2 purple.
- » Trapeze Bar with padded spring sleeves.
- » Cotton canopy loops (long web, black) and pair of soft lambswool fuzzies.
- » 1 pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs.
- » Positioning Belly Strap (cotton, black.)
- » 9 upholstery colors. 42 custom colors. Add \$85.
- » Wood Choices: Strata® Rock Maple (standard), or Select Strata® woods.

Accessories and Options

- » Several Roll-Down Bar Options
- » Trapeze Table Extender, Pull-Out Shelf
- » Padded Foot Stopper
- » Non-Slip Bar Cover
- » 4-sided Maple Push-Through Bar
- » Cushioned Face Rest
- » Stability Sling
- » Upholstered Wedge
- » Sitting Box Riser, Tall
- » Non-Slip Tape

Pricing

Trapeze Table 15278 \$3895 US
Limited Lifetime Warranty



Learn more at

[pilates.com](https://www.pilates.com)



Streaming video workout

[video.pilates.com](https://www.video.pilates.com)



TRAPEZE TABLE

Hardwood Core Base
Hand-built with
Lapped and Fitted Joints

Stainless Steel Frame

Horizontal & Vertical
Slider Bars

12 Signature Springs™

Push-through Bar
with Slider System
Adjusts to 3 Heights

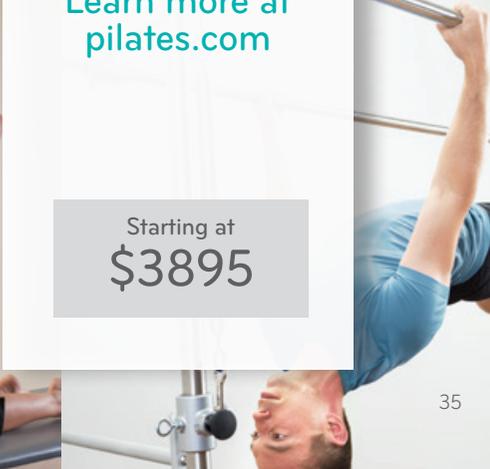
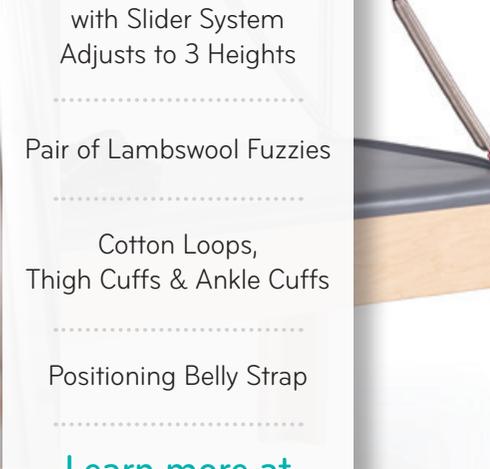
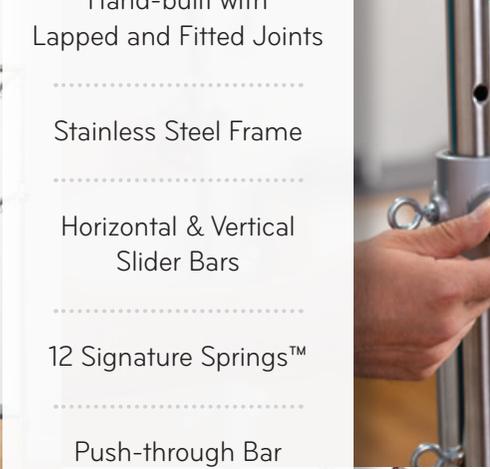
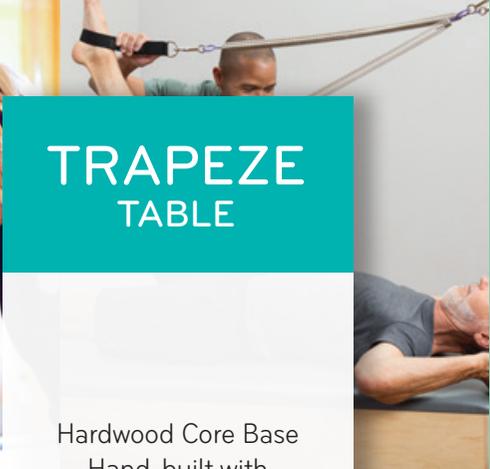
Pair of Lambswool Fuzzies

Cotton Loops,
Thigh Cuffs & Ankle Cuffs

Positioning Belly Strap

Learn more at
pilates.com

Starting at
\$3895



CenterLine® Cadillac and Pole System

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado. Based on original measurements used by Joseph Pilates.

CenterLine® Cadillac

The CenterLine Cadillac offers maximum stability, efficient adjustment and safe use.

Designed for easier reach, the upper canopy tubes are 5.5" (14cm) closer to the base table than the Balanced Body Trapeze Table.



Your Cadillac Includes

- » Roll-down bar: Maple, non-swiveling with outside hooks.
- » Push-through bar: Maple, 4-sided, with safety strap.
- » 10 Signature Springs™: Regular- 1 red, 1 green, 2 blue, 2 gray, 2 white (for Breathing Bar). Long- 2 red.
- » Breathing Bar (Trapeze Bar): Padded with spring sleeves and includes long black strap.
- » Pair of lambswool fuzzies with short black webs.
- » Belly Strap (cotton, black), Footstrap (24"/61cm) and Pair of Single Cotton Loops.
- » 9 upholstery colors. Stock Black. 42 custom colors. Add \$85.
- » Wood Choices: Strata® Rock Maple (standard), Strata® Artisan Maple other Select Strata® woods.

Pricing

CenterLine Cadillac 15277 \$4095 US
Limited Lifetime Warranty

CenterLine® Pole System

Wall Tower variation that allows much of the Cadillac repertoire. Purchase the Pole System separately, or save if purchased with Mat & Moon Box package. Note: Pole System must be mounted to both wall and floor.

Your Pole System Includes

- » Push-through bar: Maple, 4-sided, with safety strap and carabiner.
- » Roll-Down Bar: Maple, non-swiveling with outside hooks.
- » 8 Signature Springs™: Regular- 1 red, 1 green, 2 blue, 2 gray. Long- 2 red.
- » Loops/handles: Pair of Single D-ring Cotton Loop.

Optional Mat & Moon Box Package

- » Padded/upholstered raised Mat with dowel handles and 2 Moon Boxes. Footstrap (24"/61cm.)
- » Weighted Metal Roll-up bar, 3.8 lb (1.7kg.)
- » 9 upholstery colors. Stock Black. 42 custom colors. Add \$85.



Streaming video workout

video.pilates.com

Pricing

CenterLine Pole System
15274 \$1595 US

CenterLine Pole System with Mat & Moon Boxes
15275 \$2190 US

Limited Lifetime Warranty



Learn More at
pilates.com

Starting at
\$4095

Guillotine Tower

"..The definitive apparatus for hip and spine articulation." ~Ron Fletcher



Learn More at
[pilates.com](https://www.pilates.com)

Starting at
\$3595

Anchor to floor
or add base



Providing insightful, accurate feedback on user alignment, the Guillotine Tower creates a remarkable environment for developing mobility and strength in hips and spine.

Guillotine Tower

Users see when they are out of alignment, which makes the Guillotine a great assessment tool for stability, flexibility and articulation.

Some instructors have adapted traditional Guillotine Tower exercises to the Cadillac. However, the arc of the Cadillac's push-through bar does not provide the same pelvic stabilization and spinal articulation that you get with the vertical line of the Guillotine Tower. The vertical slider allows clients with limited hamstring and lower-back flexibility (like many male clients) to experience the full benefit of these exercises.

The Guillotine Tower can be anchored to base or floor (does not require additional ceiling anchor.)

Available in two versions:

- » With a freestanding base (stratified wood), requiring minimal installation (shown at right).
- » With no base, which requires bolting only into your floor (not the ceiling). Mounting hardware not included.

Pricing

Guillotine Tower with freestanding base
12623 \$4250 US

Guillotine Tower without base
12344 \$3595 US

10 Year Limited Warranty

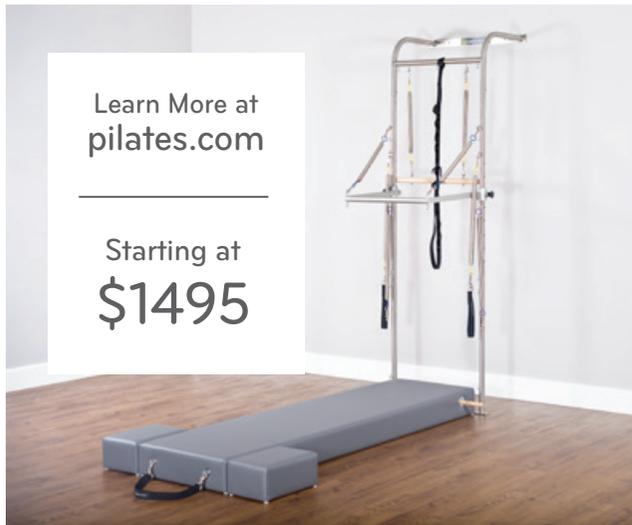
Guillotine Tower includes

- » Powder-coated steel frame.
- » 2 generously-sized upholstered mats. 9 upholstery colors. Stock Black. 42 custom colors. Add \$85.
- » Slider bar* (wider than others n market) with limiting strap.
- » 10 Signature Springs™ with snap hooks. Regular: 2 ea. yellow, blue, red. Long: 2 ea. yellow and purple.
- » 2 Foam Handles, 2 Single Cotton Loops, Safety Strap.
- » Chain with Carabiners for narrower leg work (not shown- see pilates.com).



Wall Tower and Ped-o-Pull

Efficient. Space Saving. Affordable.



- » Get Trapeze Table functionality in a compact space! Wall Tower's Push-through Bar adjusts quickly to 8 positions up height of Tower, for easy use with Mats and Reformers.
- » Must mount to both wall and floor. Installation hardware not included.
- » Innovative Slider System for Push Through Bar has 3 vertical adjustments. 3-sided anodized aluminum Push Through Bar.
- » Stainless steel frame is easy to maintain, resistant to chipping, pitting, corrosion and discoloration, and its fabrication is more environmentally responsible than chrome.

Your Wall Tower Includes

- » 8 Signature Springs™ with snaps. Regular: 2 yellow and 2 blue. Long: 2 yellow and 2 purple.
- » Anodized aluminum push-through bar. Secure the bar with safety strap and carabiner (included.)
- » 23 spring attachment points.
- » Maple Roll-down Bar, Pair of Cotton Loops.

Pricing

Wall Tower Only	15272	\$1495 US
Wall Tower, Mat & 2 Moon Boxes (save \$250)	15273	\$2090 US
10 Year Limited Warranty		



Accessories

Upholstered Mat

Designed to work with Wall Tower, this padded, custom-upholstered mat delivers a truly exceptional experience.

Includes dowel handles, 24" (61cm) footstrap
6"h x 22.5"w x 84"l (15cm x 57cm x 213cm).

Moon Box

Designed to work with Wall Tower, this padded, upholstered Moon Box delivers a truly exceptional experience.

Order Mat and 2 Moon Boxes, save \$100. 9 upholstery colors. Stock: Black. 42 custom colors (add \$85 for boxes and mat.) Lightweight foam Moon Box Lite offers same functionality.

Upholstered Mat	12333	\$595 US
Upholstered Mat & Moon Boxes	12335	\$795 US
Moon Box Lite	12337	\$125 US

Ped-o-Pull

Challenging core stability in standing position, the Ped-o-Pull offers resistance and adjustability in a versatile training tool. Choose a kidney-shaped base (pictured right) to help properly align feet, or original square base designed by Joseph Pilates

Your Ped-o-Pull includes

- » Trapeze springs with snaps: 2 regular, yellow.
- » Pair of Foam handles.
- » Wall brackets (2) stabilize the unit 6" (15cm) from wall.
- » Maple-faced hardwood laminate base is 1.5" (4cm) thick.

Pricing

Square base (not shown)	12347	\$495 US
Kidney-shaped base	12348	\$495 US

10 Year Limited Warranty

Tower on the Go®

- » Fast, easy set-up for a challenging Tower workout using your door!
- » Wrap 2 adjustable anchor straps around a standard door. Clip on resistance bands or springs. Sturdy slider clamps allow easy adjustment of the angle of resistance.
- » Includes 2 Springs (yellow, long), 2 Cotton Loops, and 2 Door straps with sturdy, non-abrasive attachment points.

Tower on the Go with Springs	12614	\$145 US
------------------------------	-------	----------



Pilates Springboard™

Designed by Ellie Herman, this ever-popular versatile system offers a range of exercises in a limited space and at an affordable price.



Learn More at
[pilates.com](https://www.pilates.com)

Starting at
\$445

Designed by
Ellie Herman



Pilates Springboard Includes

- » Maple faced high-quality laminate. Easy-to-follow engraved measurements and 22 spring attachment points.
- » Solid Maple roll-down bar, 2 Cotton Loops and Foam handles.
- » Handcrafted solid Maple dowel foot-bar (1.25"/3cm diameter) provides stable foundation for hands and feet.
- » 4 Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple.
- » Hardware included for attaching Springboard to wood wall studs with standard 16" spacing.

Optional Push-Through Bar

- » Upgrade Springboard with a Push-Through Bar for more Trapeze Table (Cadillac) exercise options.
- » Anodized aluminum bar attaches to your existing Springboard (brackets and hardware included.) Installation does not require removing installed Springboards from wall.
- » Buy Springboard and Push-Through Bar together and save! Choose your resistance: 2 blue or red Signature Springs™.

Pricing

Pilates Springboard 12405	\$445 US
Pilates Springboard and Push-Through Bar, with blue springs 12648	\$745 US
with red springs 12649	\$745 US
Push-Through Bar Kit for Springboard, with blue springs 12650	\$350 US
with red springs 12651	\$350 US

Springboard: 10 Year Limited Warranty



Free Streaming video

[video.pilates.com](https://www.video.pilates.com)



Customize Your Equipment

Wood Choices

Strong, beautiful, environmentally sensitive. No compromises.

Balanced Body® woods and construction methods have been time-tested over 40 years, giving us the confidence to offer our Lifetime Warranty.

We offer two standard wood choices, Strata® Rock Maple and Strata® Artisan Maple.

Strata engineering process uses more of the tree with very little waste, making stronger than single-plank wood and more environmentally sensitive.

All Balanced Body woods come from FSC (Forest Stewardship Council) suppliers who purchase wood from consciously-managed North American forests.

A. Strata® Rock Maple

Standard for Balanced Body Reformers, Rock Maple has a hardness rating unmatched by beech, oak and pine, and tighter, more consistent grain for:

- » Stronger resistance to expansion and contraction from changes in temperature and humidity.
- » Tougher durability against dents and wear.
- » Enhanced joint strength.
- » Tighter hardware attachment in solid wood.

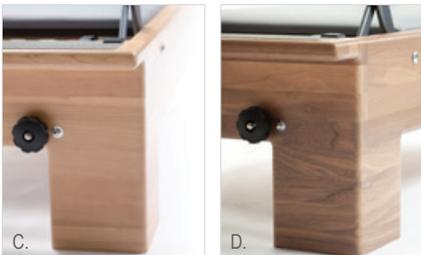


B. Strata® Artisan Maple

Strata Artisan Maple is durable hard wood and eco-friendly as it maximizes use of the tree. An artful alternative to the more uniform grain and color of Strata Rock Maple, and available at no additional cost.

Balanced Body Select Strata®

We also offer Balanced Body Select Strata in Cherry, Mahogany (C), and Walnut (D), for an additional cost of \$595 per Reformer. For more information, please call.



All Balanced Body woods are selected for natural beauty of wood grain, and finished to protect the wood surface and integrity.

The Finishing Touch: Upholstery Colors

Create the look you want from our palette of 51 gorgeous colors.

Balanced Body features Naugahyde® with BeautyGard®, the finest US-made upholstery material on the market. Along with beauty and durability, it wipes clean with common cleaning agents and provides outstanding resistance to scuffing, perspiration, bacteria and stains.

We offer 9 standard colors (Adobe White, Sage, Greystone, Wedgewood, Burgundy, Dark Cherry, Oak, Storm, Black). No extra charge and additional lead time may apply.



Call for free color samples, or see our palette at pilates.com. Black is commonly used on our in-stock, ready-to-ship items. Please request actual color samples so you can be sure to get the color you want. Color availability subject to change without notice.

Custom Color Charges

Boxes, Chair Pads, Small Barrels & Arcs, per item	\$45 US
All other equipment, per item	\$85 US

See how Balanced Body Reformers are made at pilates.com/handmade



Mind-Body
Fitness
Equipment



CoreAlign®

For rehabilitation and general fitness, CoreAlign® brings a mind-body approach to cardiovascular training and integrated full-body exercise. This unique training tool was developed by physical therapist Jonathan Hoffman, and works effectively with men and women of all ages and fitness levels.

Great for small group programs and sport-specific classes, CoreAlign's sliding carts move independently, with both resistance and assistance possible in two directions. Integrated core training, upper and lower body strengthening, warm-up, cool-down and stretching exercise. Easily adjust resistance for over 200 exercises that address each part of the body. Many exercises are done standing, improving posture, gait and core training. Targeted balance and neuromuscular retraining. Easy to learn and perform exercises. Attract new and retain existing clients with CoreAlign progressive exercise programming!

Includes

- » Solid wood standing platform, ladder and base.
- » Long frame for up to 41" (104cm) of quiet cart travel.
- » No slip with non-skid surfaces.
- » Each cart uses 6 resistance tubes: 2 each light, medium and heavy.
- » 2 cart stopper blocks, 2 speed bumps.
- » 2 straps with padded handles.
- » 3 foam pads for extra comfort during some exercises.
- » 65.75" (167cm) long, 23.5" (60cm) wide, 5.5" (14cm) high (base.)
- » Weight: 94lbs (42.7kg.)
- » Ladder Height: 91" (231cm.)
- » CoreAlign ladder (included in complete package) is required for most exercises.



Free Streaming video at
video.pilates.com



Learn more at
pilates.com

Pricing

Purchase CoreAlign and Ladder together and save \$300.

CoreAlign with Freestanding Ladder	12636	\$359 US
CoreAlign with Wall-Mount Ladder	12635	\$2870 US
CoreAlign	12477	\$2495 US
Wall Mount Ladder	12476	\$575 US
Freestanding Ladder	12473	\$1395 US
5 Year Limited Warranty		

Accessories for CoreAlign®

CoreAlign® Precision Rotator Discs

9" no resistance	15847	\$85 US
12" no resistance	15853	\$90 US
9" light resistance	15848	\$105 US
12" light resistance	15854	\$110 US
9" heavy resistance	15849	\$105 US
12", CA heavy resistance	15855	\$110 US

CoreAlign Cover	10357	\$56 US
Replacement CoreAlign® Bands	Call to order	





COREALIGN®

Solid Wood Platform,
Base and Ladder

Integrated Full-Body
Exercise Tool

Resistance & Assistance
in 2 Directions

Adjustable Resistance
for 200+ Exercises

Independently Moving
Carts Increases Difficulty
and Exercises

Effective Gait and Core
Training Tool

Focused Balance and
Neuromuscular Retraining

Long Frame for
Extended Cart Travel

Learn more at
pilates.com

Starting at
\$2495

MOTR®

Build strength, challenge balance, cross-train on multiple planes and improve endurance and agility. Create full-body workouts with different resistance levels. Change it up using variable resistance arm with MOTR—and the resistance arm on its own. Finish off with myofascial release on outer tube. Self-contained and compact for easy transport and storage.

Developed by Pilates instructor and fitness enthusiast Darya Bronston, MOTR combines the comfort of a foam roller with the challenge of three weight resistances. Incredibly versatile, MOTR is used in commercial fitness clubs, studios, gyms, rehab clinics and home workouts. . Exercise tracks include balance, core, agility, upper body, lower body, standing, plank and more. All MOTR components conveniently store inside the 43" roller tube when not in use.

MOTR® comes with

- » Resistance Arm with 2 VRMs (variable resistance modules), each with 3 resistance levels
- » 2 Stability Wedges hold MOTR position during exercise
- » Integrated Carrying Strap and Hand Straps
- » Self-Contained Roller Tube with Locking Lid houses Resistance Arm and Wedges
- » Web app and flash cards with exercises and workouts

Pricing

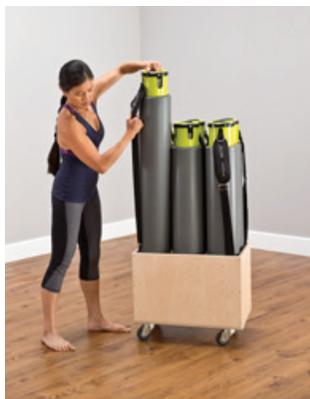
MOTR 10060 \$349 US



Free Streaming videos at
[video.pilates.com](https://www.video.pilates.com)



Included with purchase
Workout Flashcards



MOTR Home

Safe and secure storage for up to six MOTRs. Heavy-duty casters make it easy to move and store MOTR Home.

MOTR Home 12469 \$429 US

1 Year Warranty
30-day money back guarantee.

MOTR accessories

- » Mini-Mat for floor exercises.
- » Additional MOTR streaming video workouts.



Hundreds of Exercise Variations
on the MOTR™!





MOTR®

Multi-function Training Unit for Strength, Balance and Crosstraining

MOTR Resistance Arm with Variable Resistance

Outer roller for self-myofascial release

Self-Contained Roller Tube with Integrated System

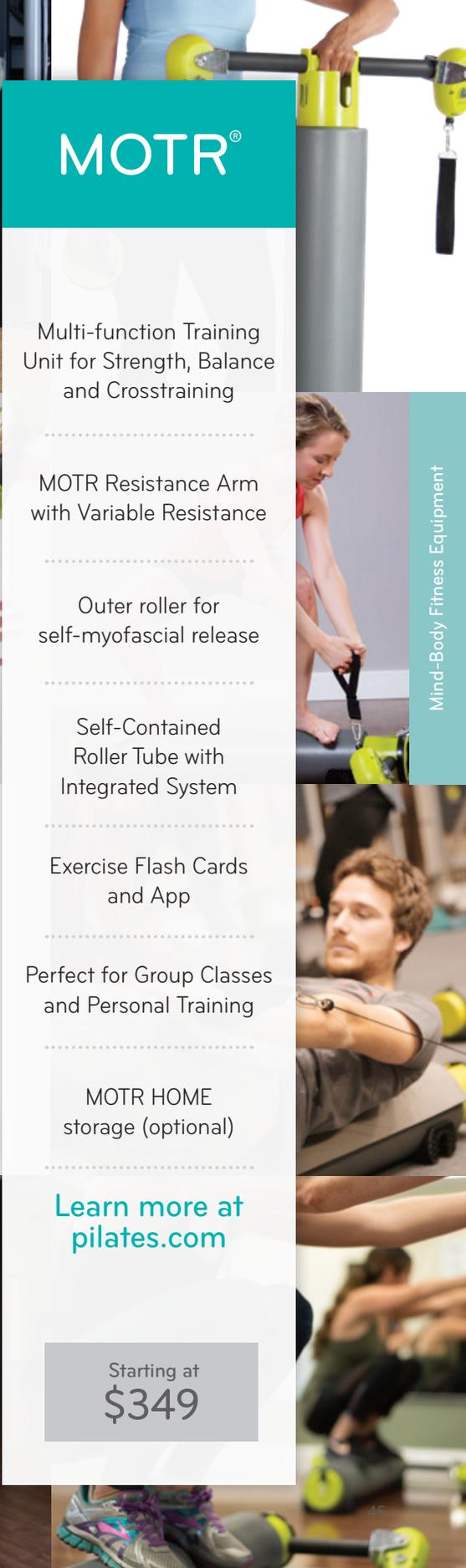
Exercise Flash Cards and App

Perfect for Group Classes and Personal Training

MOTR HOME storage (optional)

Learn more at pilates.com

Starting at
\$349



Mind-Body Fitness Equipment

Bodhi Suspension System®

The World's first 4 Point Suspension System for fitness enables you to create progressively engaging workouts by adding strength, flexibility, balance and proprioceptive challenges. No other suspension system does this.

Developed by Pilates instructor Khita Whyatt and businessperson Kirsten Sell, the Bodhi Suspension System features 2 independent ropes, creating 4 suspension points. Loops and handles secure hands and feet in suspended state. Intensity of movement controlled by user's bodyweight.

Suitable and adaptable for all populations, the Bodhi Suspension System is perfect for group exercise, private 1:1 sessions, post-rehab training and home use. Anchoring solutions are available for wall or ceiling.

Bodhi's fast, easy and safe adjustment system using prusik knots is a mountain climbing-inspired innovation. No other suspension system has it!

Exercise tracks include Strength, Stability, Balance, Proprioception and Flexibility. This unique mindful movement system complements your practice and existing program. unique mindful movement option that complements your existing program.



Starting at
\$275

Learn More at
pilates.com

Bodhi Suspension System® includes

- » 2 High Density Abrasion Resistant Ropes (for ceilings up to 8.25ft (2.25m))
- » 2 Easy Grip Handles and 2 Padded Double Loops for upper and lower body suspension
- » 4 Pre-attached accessory lanyards (to connect loops/handles to main Bodhi rope)
- » Bodhi Tote Bag to pack, carry and store
- » Web app and flash cards with exercises and workouts

Optional Accessories

- » Wall Anchor
- » Ceiling Anchor
- » Rope Extenders (for ceilings over 8.25ft (2.25m))
- » Additional Streaming Videos



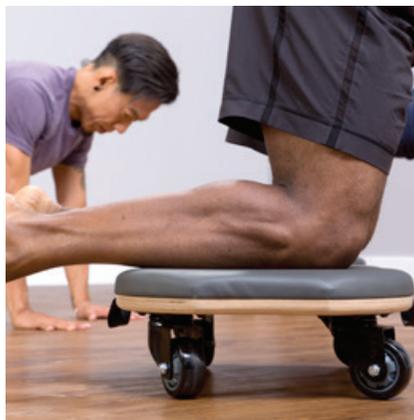
Pricing

Green ropes	12424	\$275 US
Grey ropes	12425	\$275 US

One Year Limited Warranty / 30-day money back guarantee.



Roll challenging new moves into group classes, personal training and home exercise. The Orbit provides fun, full-body workout that enhances flexibility, stability, strength, balance and coordination.



Created by Octavio Galindo and developed in collaboration with Balanced Body. The Orbit has an ergonomic design, solid and sturdy construction, and a comfortable padded surface. Smooth, premium-quality casters allow easy gliding in any direction – like a Reformer carriage without the tracks!

- » Facilitates circular and linear movements, from simple to complex.
- » Engages abdominal muscles while increasing upper and lower body strength, and improving flexibility and balance.
- » Sit, lie, kneel and stand for a wide variety of exercises.
- » 1 carrying handle makes Orbit highly portable.
- » Safe for carpeted or hardwood floors.

Pricing

Orbit 12479 \$229 US

5 Year Limited Warranty | 30-day money back guarantee.

Learn More at
[pilates.com](https://www.pilates.com)

Orbit
\$229



Free Streaming videos at

video.pilates.com

Balanced Body Education®

Turn Your Passion Into Your Career

Balanced Body is the worldwide leader in Mind-Body fitness education. All of our programs are organized around the Balanced Body Movement Principles which create a strong foundation to deepen your understanding of how the body works and how to make it work better. With the largest global network of movement teachers, Balanced Body offers courses at hundreds of authorized training centers around the world.

Pilates Instructor Training

Your future as a Pilates professional may be just around the corner! BB Pilates Education features Mat, Reformer and a full Comprehensive training, respecting our Pilates heritage while celebrating contemporary science and biomechanics. Our trainings include detailed manuals and video support to make you a better teacher, faster. Designed to fit your goals, your budget and your schedule.



Anatomy in Three Dimensions™ (AI3D)

Simply put, the best way to learn anatomy! AI3D are hands-on courses with students building muscles out of clay on our Anatomy + Movement™ skeleton. This is an incredibly effective way to learn the musculoskeletal system and anatomical knowledge. Understanding dynamic anatomy is critical for all health and movement professionals to help clients move better, feel better and live healthier happier lives.

Balanced Body Barre®

Barre is a music-driven discipline designed to build strength, flexibility and a toned body. Balanced Body Barre is a strong introduction to teaching Barre to clients of any shape, size or fitness level. Barre is complementary to Pilates, helps attract new clients and creates another source of revenue. Students learn to build diverse, engaging classes that keep clients coming back for more!

Bodhi Suspension System®

Bodhi Suspension System teacher training combines mindful movement and suspension training in an innovative, inspiring workout. With 2 dynamic ropes and 4 possible suspension points, Bodhi offers teachers new and expanded options in suspension training. Students emerge with a solid understanding of foundational movement, how it applies to Bodhi and leave our trainings ready to start running classes!

CoreAlign®

The strength of the CoreAlign is its upright functionality—and it's just plain fun! The CoreAlign stimulates the core stabilizing muscles to fire, while performing movements and exercises that work balance, gait, posture and functional strength-based training. CoreAlign is complementary to Pilates, personal training and PT/Rehab practices. Students emerge with an understanding of the CoreAlign method, progressions, regressions and modifications for clients of different abilities.

MOTR®

MOTR combines the balance and release exercises of a foam roller, a variable resistance pulley system and a challenging cardio platform for the ultimate portable workout program. Learn key positions and exercises as well as sequences and programming for one-on-one, small group and group exercise classes.

Pilates on Tour® Conferences 2019

The premier continuing education learning experience featuring the industry's top presenters, tons of equipment, your peers and cool, intimate settings!

Phoenix, AZ.....April 5-7, 2019
London, UK.....April 26-28, 2019
Seoul, SK.....May 17-19, 2019
Boston, MA.....July 19-21, 2019
Sydney, AU.....Aug 31-Sept 1 2019
ChinaSeptember 2019
Turkey.....September 2019
Chicago, ILOctober 18-20, 2019
Venice, Italy.....December 2019

Studio Tour in 2019Pittsburgh PA, July 13-14 2019

Details and updates on all events: pilates.com/PilatesOnTour

Anatomy + Movement® Skeleton

Calling all students and anatomy nerds...

Building the body from the inside out with clay on a specially-designed skeleton is simply the best way to learn anatomy. By shaping and sculpting the muscles yourself, the structure and function of the human body becomes crystal clear.

Build your best body

We are excited to introduce our Anatomy + Movement™ system for your classroom or personal use.

Accurate, Beautiful, Detailed

- » Our custom-designed skeleton, based on scans from actual bones, is highly detailed and anatomically correct.
- » One side shows major tendons and ligaments.
- » Specifically designed to teach anatomy.

Easy to use, removable parts

- » Arms and legs show a variety of positions to facilitate a clear understanding of how muscles change length and position with movement.
- » Arms detach easily via magnets at the shoulder, making them easy to build and attach.
- » Skull removes to allow for building.

Interested in Anatomy in Three Dimensions™ courses?

Our professional education courses offer detailed information on musculoskeletal anatomy and how the muscles work in movement.

Pricing:

The Anatomy + Movement™ Skeleton includes a Skeleton of durable polyurethane mounted on a sturdy base, introductory "Getting Started" manual, and instructions for minor assembly. Skeleton is 28.5" (69cm) high, including 1" base. Starter Kit includes Skeleton, both clay colors and tool kit - save \$30.

Complete Kit adds in the Anatomy + Movement Build Manual – save \$45.

Anatomy + Movement Skeleton	15070	\$549 US
Anatomy + Movement Starter Kit	15284	\$565 US
Anatomy + Movement Complete Kit	16504	\$600 US

30-day money back guarantee.

See the current Course Schedule at pilates.com/education-finder.



Optional accessories:

Tool Kit

Basic tool kit has everything you need to start building muscles out of clay and applying them to the skeleton: double-sided wire tool, wood carving knife, plastic putty knife, 12"/cm wood dowel for rolling clay, carrying case for your tools, and heavy-duty non-skid mat to protect table surface.

Tool Kit	15259	\$24 US
----------	-------	---------

Modeling Clay

Our high-quality modeling clay is oil-based, reusable, and available in two colors to help clearly define individual muscles as they are added to the skeleton.

Terra Cotta, 4.5 lb (2 kg)	15257	\$17 US
White, 1 lb (0.5 kg)	15508	\$5 US

Learn More at
pilates.com

Starting at
\$549

Anatomy + Movement Build Manual

Detailed manual on how to build the primary muscles of movement from the elbows to the knees. Includes templates to make your building experience easier.

Manual	16503	\$50 US
--------	-------	---------

Empower: Helping Those in Need Reclaim Their Bodies

Team Pilates Professional Ballet School, Spokane, WA

Angelie Melzer is the owner of Team Pilates Studio in Spokane WA, the Artistic Director for the Spokane Professional Ballet and a Balanced Body Master Instructor. In 2016, Angelie's career paths converged, resulting in Empower, a non-profit program that has positively affected the lives of many in the Spokane area.

"I teach a movement class to our advanced dancers pursuing a career in the performing arts," said Angelie. "They are required to take the course and learn how to teach. At the same time, I work at the studio with a friend's daughter. She had a variety of ailments and I was trying to create a way to get her moving. Pilates was too intense and thought provoking for her, so I went with music. It's universal in all bodies - we innately want to move. Then it struck me - "why not use the class for my advanced dancers as an opportunity to teach both abled and disabled bodies?"

That question led to the creation of Empower, a non-profit organization co-founded by Angelie and Alison Dyer, to bring activities to individuals who normally don't have access to them due to financial, personal or physical limitations. Pilates and other movement forms are used, but the approach may differ from "normal" in order to meet the physical and emotional needs of the participants.



Empower Ballet was the first component, with the dancers learning with Angelie on how to work with children and adults with disabilities. As that program grew, it caught the eye of coaches and athletes from the nearby Gonzaga Prep High School. They, too, wanted to help. So, this fall Empower Basketball was launched and next spring will mark the debut of Empower Football.

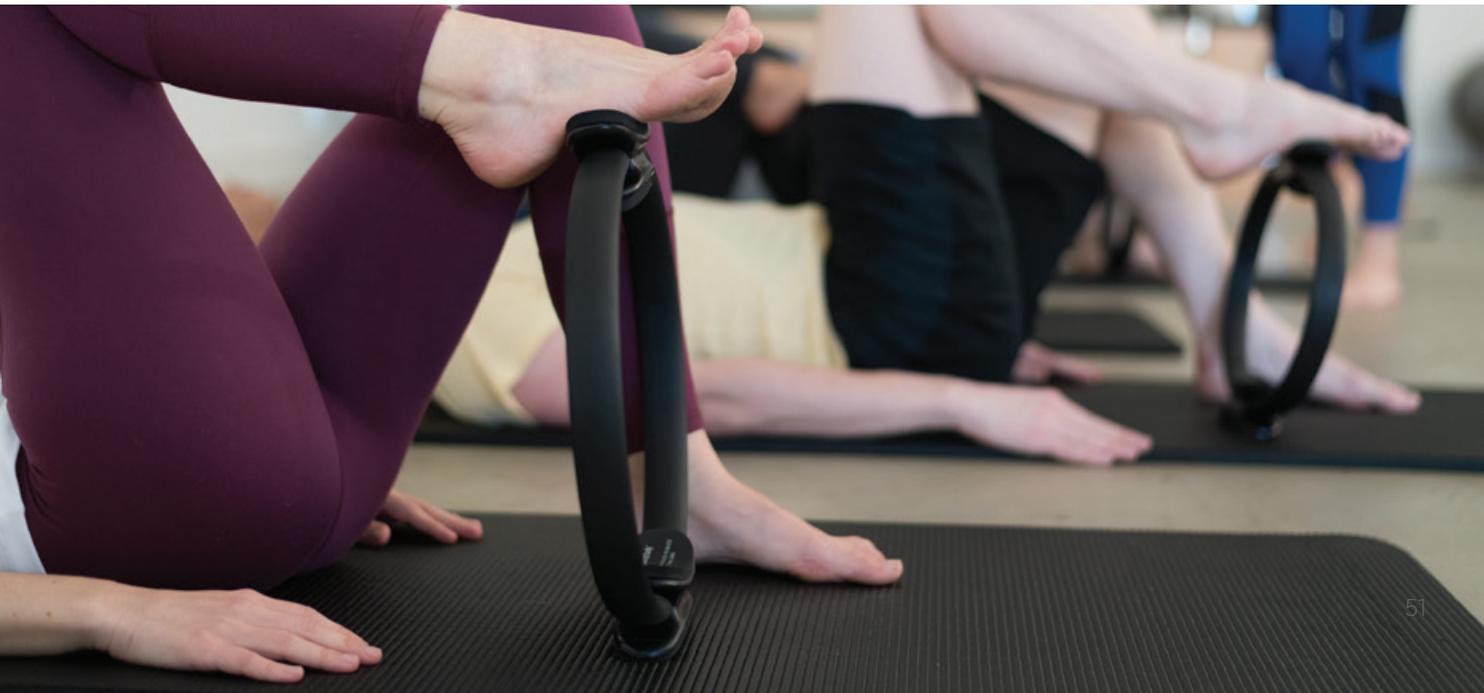
"It's been awesome. The children and adults with disabilities get to be "normal" and the coaches learn how to interact and be present with them," says Angelie. "Best of all, the families get to see their kids in a tutu for the first time, or throw a ball for the first time - to really see them living in their bodies once again."

In 2018 Empower for Hope was started as a way to serve women who were/are victims of abuse. Angelie and Alison worked closely with local professionals in the mental health arena to bring these women back into their "bodies" and get them to take control over their lives. "As a part of this program, we offer scholarships through our partnership with Balanced Body as Master Instructors to help these women start a new career in the Pilates industry. We want them to take back their lives, raise their families on their own, and be involved in a career field that is nurturing and grows their mind and body as practitioners," says Angelie.

In a short period of time, Empower for Hope has had a monumental impact on many women. Alison, who serves as the Director of Empower for Hope, is one of them. "I'm here because I know how important it is to bring the body into the process of healing," she says. "I spent years in therapy and while I was helped tremendously, I didn't fully incorporate my experiences of abuse until I listened to my body tell it's stories. I have come home to my own body in a way I never believed possible. It's my passion to bring this to other abuse victims."

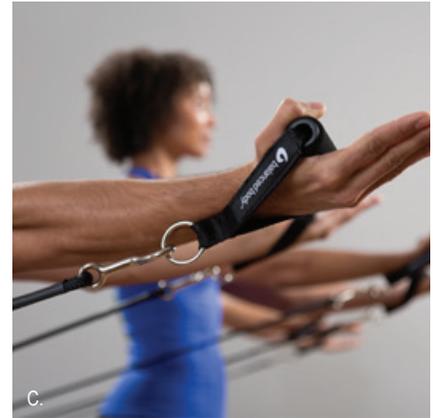
To learn more visit empowerorganization.com

Equipment Accessories & Props



Equipment Accessories

Handles, Loops, Webs, Straps and Cuffs... Learn more at pilates.com.



SoftTouch® Loops

Deliver quiet, fluid movement with sturdy rope attachments. Standard on Allegro Reformers and sold separately.

SoftTouch Double Loops, Padded	10046	\$49 pair, US
SoftTouch Double Loops, Cotton	10530	\$38 pair, US
SoftTouch Single Loop, Padded	10045	\$38 pair, US

Tri Loops

Hidden third strap provides additional support for feet and hands, and tucks away when not needed.

Padded	10527	\$49 pair, US
--------	-------	---------------

Double Loops (A)

Short loop for hands and longer loop for legs or feet.

Cotton, D-Ring	10025	\$28 pair, US
Padded, D-Ring	10026	\$44 pair, US

Single D-Ring Loops (B)

Cotton, D-Ring	10022	\$18 pair, US
Cotton, CenterLine, D-Ring	11490	\$23 pair, US
Padded, D-Ring	10020	\$38 pair, US

Double D-Ring Loops

Folds in half to make a 5.5"(14cm) loop.

Cotton	10023	\$28 pair, US
--------	-------	---------------

Y-Loops

For anyone who has trouble keeping their feet in conventional loops. Soft fleece.

Y-Loops	10511	\$65 pair, US
---------	-------	---------------

Extension Straps

25.5"/65cm (30"/76cm with ring & snap)

Extension Straps	10027	\$25 pair, US
------------------	-------	---------------

Handles (C)

Leather with wood grips, or Polypro with Foam.

Polypro Handles	10032	\$28 pair, US
SoftTouch Handles	10047	\$28 pair, US
Leather Handles	12429	\$65 pair, US
CenterLine Leather Handles (not shown)	12832	\$65 pair, US

Cotton Webs

For use with Fuzzies on Trapeze Tables and RTCs.

Long Webs, black, 29.5"/75cm	10038	\$30 pair, US
CenterLine Short Webs, black, 20.5"/51cm	11477	\$30 pair, US

Multi-functional Straps

Provides resisted internal and external rotation for optimal hip and shoulder function.

Includes: 2 Cotton Loops, 2 Polypro Handles with Foam and 2 Resistance Cords (heavy and light) with Ball Anchors.

Multi-functional Straps	12647	\$99.95 US
-------------------------	-------	------------

Spring Tab Kit for Chairs

Functional grip tabs make spring changes on chairs easy.

Spring Tab Kit, set of 4	12787	\$15 US
--------------------------	-------	---------

Adjustable Velcro® Cuffs

Secure alternative to Loops.

Ankle Cuffs	10018	\$28 pair, US
Thigh Cuffs	10034	\$32 pair, US

Fuzzies (Lambswool or Synthetic)

Fuzzies fit over Single D-Ring Cotton Loops, Footstraps and Cotton Webbing. Velcro® closure.

Lambswool, Pair	10036	\$64 US
Lambswool, Each	10035	\$32 US
Synthetic, Pair	10039	\$48 US
Synthetic, Each	10040	\$24 US
CenterLine (lambswool), Pair	11500	\$58 US

Sitting Boxes

Add versatility to your Reformer work or spice up your mat program! The Sitting Box adds prone and abdominal work, side stretching and comfort during seated exercises.

Sitting Boxes

- » Standard upholstered Sitting Boxes included with Balanced Body wood Reformers. 3-handle design for easy transport.
- » CenterLine® Sitting Box features extra padding on top and sides (not shown - see pilates.com)

Standard / Allegro®	12431	\$225 US
New York	12434	\$225 US
IQ®	12434S	\$225 US
CenterLine®	15332	\$250 US

Sitting Box Lite (D)

- » Textured surface for stable, non-slip body positioning.
- » Convenient cut-outs slide over the shoulder rests of Balanced Body Reformers.
- » Rounded edges like our Contour™ Sitting box.
- » 4.5 lbs. (2 kg) – hand-holds for easy stacking and storage.
- » High-density, durable yet recyclable foam. Black.

Sitting Box Lite	15844	\$149 US
------------------	-------	----------

Contour Sitting Box™

- » With rounded edges, this Box fits the body and offers wider range of motion.

Contour Sitting Box	12451	\$325 US
---------------------	-------	----------

All upholstered sitting boxes available in 9 upholstery colors at no charge. Stock for Allegro® 2 and IQ®: Storm. All others: Black. 42 custom colors. Add \$45. See pilates.com for size dimensions.

Footstraps

Purchase Sitting Box with Reformer, and get a free footstrap. Also sold separately. Balanced Body footstraps feature secure QuickLink

Revo™ Footstrap, Medium, 27.5"/70cm

Cotton	16313	\$16 US
Padded	16314	\$39 US

Allegro® 2 Footstrap, 38.5"/96cm (adjustable)

Padded	10519	\$39 US
--------	-------	---------

Allegro® Footstrap, Long, 28.5"/72cm

Cotton	16310	\$16 US
Padded	16312	\$39 US

CenterLine® Footstrap, 27"/69cm

Cotton	16320	\$16 US
--------	-------	---------

IQ® Reformer Footstrap, Extra long, 30.5"/77cm

Cotton	16315	\$16 US
Padded	16316	\$39 US

Footstrap for all other Reformers, Short, 25.5"/65cm

Cotton	16309	\$16 US
Padded	16311	\$39 US

D.



Reformer Accessories

Our most popular Reformer accessories. Year after year.

SoftTouch® Rope and Padded Loop Kit

Unique soft attachment points are quiet and enhance flowing movement.

SoftTouch Rope and Padded Loop Kit
12916 \$73 US

Oversized Standing Platform

For standing work, clients with larger feet and external rotation work.

Platform for Studio® or Clinical Reformer®
12439 \$179 US

Platform for Allegro® Reformer. Note: comes standard with Allegro® Stretch Reformer. (A)
12427 \$179 US



Reformer Rocker

Developed by Pilates instructor Barbara Mayr, Reformer Rocker heightens awareness of imbalances/asymmetries.

Note: Use only with 14" Balanced Body wood Reformers without a Tower. Rockers screw into Reformer legs, adding 5.75" (15cm) to height.

Reformer Rocker 12481 \$495 US
Rocker Mats 12484 \$40 US

Padded Jumpboards

Jumpboards expand versatility of Reformer by allowing jumping exercises, and re-creating accurate standing position while lying down.

IQ®Padded Jumpboard

26" x 18" (66cm x 48cm).

11986 \$150 US

Standing Platform Pad (C)

Cushions hands and forearms during exercise. Included with Allegro® and Allegro® 2 Reformers. Sold separately for other models.

Standard pad 15968 \$10.95 US
Allegro® 2 pad 15966 \$10.95 US

Allegro® 2 w/ Platform Extender pad 15967 \$12.95 US

Allegro® 1 w/oversized standing platform pad 15969 \$12.95 US



Allegro® 2 Platform Extender

NEW! Double the width of the built-in platform.

Allegro 2 Platform Extender
15976 \$179 US

Allegro® 2 Plank Bars

NEW! Gain new options for Plank variations and other exercises.

Allegro 2 Plank Bars
15978 \$99 US

Reformer Ropes

Adjustable with snaps (except SoftTouch ropes with non-metal components.)
See pilates.com for pricing and specs.

Spring Collars™

Easy-grip Spring Collars slip on Balanced Body® Reformer springs. (Included on the Allegro® 2 Reformer.)

Spring Collars (set of 5)
12833 \$12 US

Studio & Clinical Reformer Padded Jumpboard (B)

21" x 20.5" (53cm x 52cm)

Call for Info \$195 US

Jumpus Maximus

Our largest jumpboard for Studio Reformer®, Clinical Reformer®, Allegro Reformer.

Call for info \$250 US

Allegro® 2 Padded Jumpboard

Handles included for easy moving/installing. A generous 31.5" x 20" (79cm x 50cm).

12415 \$250 US

Allegro® Padded Jumpboard

Fits Allegros purchased after 6/21/07. Handles for easier installation.

Generous 30" x 23.5" (76cm x 60cm)
12409 \$195 US

Precision Rotator Discs for your Jumpboard

Position them with adjustable attachments. Fits any Balanced Body® jumpboard. See page 63 for rotator disc details.

9"/23cm, no resistance (pair) 15850 \$125 US

9"/23cm, light resistance (pair) 15851 \$145 US

9"/23cm, heavy resistance (pair) 15852 \$145 US

Cardio Cloud™

Create a softer jumping surface over your Balanced Body jumpboard. Visit pilates.com for specs. Jumpboard not included.

Large 12421 \$95 US
Small 12420 \$95 US

Signature Springs™ EXCLUSIVE

Patented Springs from Balanced Body are the best available today for strength, resilience and durability. Nickel-plated carbon steel and color-coded for ease of use during workout.

Reformer Springs (A)

Length 18.5"/47cm.

Yellow (very light)	14295	\$25 US
Blue (light)	14286	\$25 US
Red (medium)	14285	\$25 US
Green (heavy)	14302	\$25 US

Chair Springs

For Chairs with Hourglass or Cactus spring mounts, 18.75"/47cm.

White (light)	14291	\$28 US
Black (heavy)	14297	\$28 US

Trapeze Table / Tower / Wall Tower Springs (B)

Length: Regular, 25.5"/65cm.

Yellow (very light)	14272	\$30 US
Gray (light)	14299	\$30 US
Blue (light)	14275	\$30 US
Red (medium)	14270	\$30 US
Green (heavy)	14268	\$30 US
Black (very heavy)	14277	\$30 US

Trapeze Table / Tower / Wall Tower Springs

Length: Long, 31.5"/80cm..

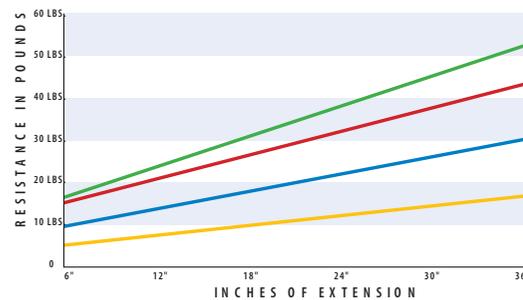
Long Yellow (very light)	14279	\$35 US
Long Purple (medium)	14306	\$35 US
Long Red (heavy)	14300	\$35 US

Contact us for Springs needed in older equipment and special applications:

- » Avalon Springs
- » Allegro® Stretch Reformer Springs
- » Unplated Reformer springs



Reformer Springs Comparison Chart



Learn more at pilates.com





SCOLIOSIS CAMP FOR KIDS

HEALING & HAVING FUN!

Anatomywise Scoliosis and Spine Center

For many kids summer is the time to go to camp. Sports camp, math camp or art and crafts camp. But how about a camp for children battling Scoliosis?

Last fall, the founder of Scolio-Pilates, Karena Thek, and Scolio-Pilates Practitioner, Karen Kleiner, along with staff at Dayton's Children Hospital in Dayton, OH, launched the facility's inaugural Scolio-Pilates® Center, becoming the first pediatric hospital to expand and integrate a comprehensive exercise program for young Scoliosis patients. The program was a success and, according to hospital estimates, had over 200 children referred to the center last year.



After the Center launched, Karen asked Karena what else she wanted to do for children with Scoliosis. Karena said "I'd love to see a Scolio-Pilates Center that offered Scoliosis camps and intensives."

Fast forward to July 2018 and the newly opened Anatomywise Scoliosis and Spine Center in Mount Holly, NC, hosted its first camp for children with Scoliosis. Campers came from all over the U.S., to spend time with Karena and Karen, a drama therapist, and special guests.

The camp was 5 days with 4 hours of activity each day. The kids and their parents stayed at local hotels. 3 hours each



The movement therapy produced noticeable alignment corrections. We saw emotional changes as well—a change in attitude towards scoliosis and a great boost in confidence.

day were Scolio-Pilates corrections and exercises. "The 4th hour campers did drama therapy to explore their fears and concerns about Scoliosis," says Karen. The kids also did art projects, and listened to guest speakers - including a former Carolina Panthers cheerleader who battles scoliosis. Karen and Karena saw great results. "The movement therapy produced noticeable alignment corrections. We also saw emotional changes in campers' attitude towards Scoliosis and a boost in their confidence. We have a "Scolio-Hero" PowerPoint, and the kids enjoyed seeing public figures like Usain Bolt (Olympic gold medalist) and Martha Hunt (Victoria Secret Model), both who have Scoliosis. We emphasized how campers can live a full life with the condition," said Karen.

Joe O'Brien, president of the National Scoliosis Foundation, spoke with campers' parents about why they had traveled so far and their experience at camp. Parents reported that while their children were initially reluctant to attend, once at camp the children quickly engaged. The best thing from parents' perspective was the kids learned to do corrections on their own, giving parents confidence the campers would continue to do the exercises at home.

Anatomywise already has 2019 dates planned—and started an adult camp. Karen points out that adults living with Scoliosis are a greatly under-served: "Very few places offer this type of program for adults, many of whom are desperate for answers. We want to be part of the solution for everyone with Scoliosis."

To learn more about Anatomywise Scoliosis and Spine Center and its camps visit anatomywise.com. To learn more about Scolio-Pilates, visit scoliopilates.com

Oov®

Designed to activate core stabilizing muscles, the Oov® gently extends the spine to stimulate healthy inter-vertebral disc lubrication. From stretching to core strengthening to rehabilitation, Oov offers significant benefits for spinal health, mind-body awareness and balance/alignment. Specially-shaped in high density yet "springy" foam, the Oov's ergonomic design complements the spine's natural curves.



Learn More at
pilates.com

Each Size
\$179

Save with a
set of Three



Pricing

Small for users up to 120 lb. (55kg)	12947	\$179 US
Medium for users 120-165 lb. (55-75kg)	12948	\$179 US
Large for users over 165 lb. (75kg+)	12949	\$179 US
Set of 3 (one each size)	12946	\$510 US



NEW! Balanced Body® ActivMotionBar™

Lift. Shift. Stabilize. Balanced Body ActivMotion Bar features a hollow steel bar, partially filled with non-adjustable ball bearings. The shifting ball bearings glide smoothly within the bar to create a multi sensory, core-centric training experience increasing mind-body awareness and maintaining training focus.



Learn More at
[pilates.com](https://www.pilates.com)

Starting at
\$89.99

- » Enhances mat program, and use in personal training and group exercise classes
- » Exclusive 3lb (3.1kg) weight ideal for repetitive exercise and 36in (91cm) length minimizes risk of accidental contact
- » Builds balance, mind-body awareness, provides immediate feedback on symmetry and alignment
- » Simulates the variability of movement in every day life
- » Easy to clean, transport and store in club and home
- » Exercise Guide included and downloadable at [pilates.com](https://www.pilates.com)
- » Volume pricing available



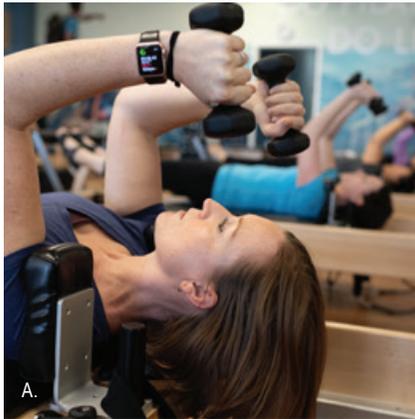
ActivMotion Bar 16424 89.99 US



Streaming video workout at
video.pilates.com



SmartBell® and Hand Weights



SmartBell® (B)

Bright colors, ergonomically-correct and lightweight, Smartbells are ideal for group training classes. Easy 2-handed grips for safety and security. Sold individually.

1.5 lb. (0.7kg), Gray	12939	\$29.95 US
1.5 lb. (0.7kg), Blue	12938	\$29.95 US
1.5 lb. (0.7kg), Purple	12937	\$29.95 US
1.5 lb. (0.7kg), Green	12936	\$29.95 US
4.6 lb. (2kg), Red	10356	\$39.95 US

Streaming video workouts at
 video.pilates.com

Learn more at
 pilates.com

Bell Tower

Store up to 24 SmartBells. Assembles quickly and attaches to wall for safe, convenient storage. Tower is 48.5" tall x 8" wide x 8.5" deep (123cm x 20cm x 22cm).

SmartBell Tower	12470	\$159 US
-----------------	-------	----------

Weighted Balls

Small size for easy grip and textured to prevent slippage. 3.5" (9cm) diam. Sold individually.

Blue, 2 lb. (0.9kg)	10377	\$11.50 US
Green, 3 lb. (1.4kg)	10378	\$14.50 US

Hand Weights (A)

Traditional dumbbells with textured Foam coating for secure grip. Sold in pairs.

Pink, 1 lb. (0.5kg)	10350	\$8.95 US
Green, 2 lb. (0.9kg)	10351	\$11.95 US
Turquoise, 3 lb. (1.4kg)	10352	\$13.95 US

Resistance Tools

Handmaster Plus

Strengthens hand and forearm muscles, and full range hand motion. 3 strengths. Sold individually or set of 3.

Soft, each	15099	\$16.95 US
Medium, each	15100	\$16.95 US
Firm, each	15101	\$16.95 US
Set of 3 (1 of each resistance)	15102	\$24.95 US

Lifeline® Resistance Cables & Quik Fit™ Handles

Super-durable cables maintain maximum resistance. Removable, comfortable foam-padded handles switch cables easily. 4 resistances. 5 ft (152cm).

Teal, 10 lb (5kg)	10323	\$6.95 US
Purple, 20 lb (10kg)	10324	\$7.95 US
Pink, 30 lb (14kg)	10325	\$8.95 US
Magenta, 40 lb (18kg)	10326	\$9.95 US
Lifeline Max Flex Handles, Pair	15882	\$12.95 US

Resistance Bands

Thera-Band® bands for exercise and rehab. Enhanced non-slip grip. 5 levels resistance. 2 lengths. US sales only. 8' (2.4M) Band Lengths

Yellow/Light	10086	\$6 US
Red/Medium	10087	\$6 US
Green/Heavy	10089	\$6 US
Blue/Extra Heavy	10088	\$8 US
Black./Special Heavy.	10090	\$8.50 US

6 Yard (5.5M) Band Rolls also available on pilates.com.

Stretch-eze® Band

Full-body resistance band stretches and strengthens opposing muscles, stabilizes joints. Size based on user height. Nylon/Lycra/Spandex. Band color may vary. DVD included.

Small (4'8"-5'2")	10011	\$29.95 US
Med (5'3"-5'6")	10012	\$32.95 US
Tall (5'7"-6'1")	10013	\$35.95 US
X-Tall (6'2" plus)	10340	\$38.95 US

Positioning and Balance

For stability, support and assisting/challenging balance.

Moon Box Lite (A)

Ultra-lightweight (0.95 lbs/0.5kg) Moon Box Lite elevates Chair, or user next to the Reformer. Recyclable, high-density foam. 6" h x 9.5" w x 15.5" l (24cm x 39cm)

Moon Box Lite, single	10360	\$35 US
Moon Box Lite, pair	12654	\$59.50 US

Inflatable Wedge

For balance training and rehab. 1 side pebbled and 1 side smooth. Inflates to desired firmness.

13.5" x 13.5" x 3" (34cm x 34cm x 8cm)

Inflatable Wedge	10305	\$22 US
------------------	-------	---------

Foam Wedge

Versatile tool for creating balance challenges and assisting with seated work. Supportive, comfortable EVA foam. 20" x 6.5" x 2" (51cm x 17cm x 5cm)

Foam Wedge, Blue	10306	\$12 US
------------------	-------	---------

Sissel® Step-Fit® Mat (B)

Durable floor mat simulates cobblestones for proprioceptive feedback, enhanced blood circulation and stimulated metabolism. Ideal for balance training, sensory motor training and reflexology. Washable with no phthalates.

20" (49cm) square

Step-Fit Mat	15106	\$117 US
--------------	-------	----------

The Wedge

Fits between shoulder rests on Balanced Body Reformers. Provides cervical support on gentle, 12-degree incline. For those with shoulder, neck or facial injuries, or who can't lie supine. Stock: Black 31" x 23" x 7" (34cm x 34cm x 8cm)

The Wedge	12482	\$169 US
-----------	-------	----------

Half Cylinder Cushions

Position head in supine on mat, Reformer or Cadillac.

Stock: Black.

7" x 5.5" x 3" (18cm x 14cm x 8cm)	12396	\$50 US
8.5" x 7" x 4.5" (22cm x 18cm x 11cm)	12398	\$59 US

Vinyl Cushions

Support and position for optimum alignment and comfort. Stock: Black.

1" x 6" x 9" (2.5cm x 15cm x 23cm)
12390 \$38 US

2" x 6" x 9" (5cm x 15cm x 23cm)
12392 \$40 US

2.5" x 10" x 13" (6cm x 25cm x 33cm)
12394 \$52 US



Headrest Cushion

For Reformer headrest. Elevates head to same height as Sitting Box on Reformer carriage. Stock: Black. 8" x 10" x 11.5" (20cm x 25cm x 29cm)

Headrest Cushion	12370	\$102 US
------------------	-------	----------

Moon Box

Upholstered, strong, small box to use with Wall Towers, Reformers or Chairs. Adds height for sitting on equipment, or as step stool for taller Reformers. Stock: Black.

6" x 9" x 14" (15cm x 23cm x 36cm)	12337	\$125 US
------------------------------------	-------	----------

Upholstered products: 9 Colors available. Stock: Black. 42 custom colors. Add \$45.



Product photo & details at

pilates.com





D.

Activ-Wedge®

Small foam wedge addresses asymmetries caused by scoliosis and other imbalances. Use in seated position to even out hips, and under feet during standing work. Props up hips during exercises like Mermaid. Sold individually. Instructions included. 2" x 4" x 6" (5cm x 10cm x 15cm)

Activ-Wedge	15887	\$16 US
-------------	-------	---------

Large Foam Wedge (D)

Made of firm, closed-cell EVA foam. Helps tight hamstrings get into proper seated position and elevates head in supine. No chlorides, pthalates or PVC. 15.75" x 16" x 3.75" (40cm x 40.6cm x 9.5cm)

Foam Wedge	10336	\$22 US
------------	-------	---------

Foam Block

Assists with stretches and alignment. Soft, supportive EVA foam. 3" x 6" x 9" (8cm x 15cm x 23cm)

Foam Block	10276	\$9 US
------------	-------	--------

Balance Pad

Adds low-level instability to standing, sitting, all fours and bridging. Use to improve core strength, balance and motor control. Durable foam is easy to clean. Blue, 16" x 19" x 2.5" (41cm x 48cm x 6cm)

Balance Pad	10280	\$35 US
-------------	-------	---------

Inflatable Balance Cushion

Use in therapy for chronic pain, at home for exercise, or while traveling. Inflate with ball pump. Blue, 14" (36cm).

Balance Cushion	10299	\$25 US
-----------------	-------	---------

Soft Spike Balance Pod (C)

For balance training and motor skill development. Use flat side down for moderate balance training, pebble side down for more challenge. Purple, 6" (15cm) diameter.

Balance Pod	10281	\$7.50 US
-------------	-------	-----------

Balance Board

16" (40cm) diameter balance board from Sissel® for balance and coordination training. Fixed height is 3" (7.5cm). Washable plastic with a ribbed surface.

Balance Board, 16" Red	15103	\$34 US
------------------------	-------	---------

Balance Boards

For challenging proprioception work, rehabilitating lower body and advanced balance training. 3 heights to increase or decrease difficulty level. Maple-faced plywood with non-skid surface.

Small, 16" (41cm)	12364	\$75 US
Large, 20" (51cm)	12365	\$85 US



BOSU® Pro

Suitable for all types of floor workouts with largest surface area available. Includes hand pump and Exercise DVD. Diameter 26" (65cm). US sales only.

BOSU Pro	10076	\$160 US
----------	-------	----------

Large Oval Cushion

Use lengthwise for exercises requiring partial rolldown, or sideways for seated exercises. Challenges balance during standing work. Color: Swirlie Blue. 17" x 9.25" x 2.5" (43cm x 24cm x 6cm)

Large Oval Cushion	10293	\$40 US
--------------------	-------	---------

Circles and Rings

Improve muscle tone, balance and more!

Ultra-Fit Circle®

Lightweight and durable, the Ultra-Fit Circle is flexible plastic in a rubberized shell. Handles are padded both inside and outside. Resistance is approx. equivalent to a 3-band Spring Circle. Outside diameter 15" (38cm).

Ultra-Fit Circle 10156 \$34 US

- » Designed for larger body types and broad shoulders.
- » More resistance is more challenging.



Ultra-Fit Circle® Mini

Lightweight with comfortable inner/outer handles. Smaller than Ultra-Fit Circle with lighter resistance for beginners and easier lower body work. Outside diameter 12" (30cm).

- » Created for smaller body types and narrow shoulders.
- » Positions feet directly under hips for improved leg alignment.
- » Lighter resistance works well for beginners.

Ultra-Fit Circle Mini 15083 \$27 US

Flex Ring Toner®

Updated version of Joseph Pilates' Magic Circle. Tempered steel, resistance equivalent to a 3-band Spring Circle. Non-slip, corrosion-proof rubberized coating. Slender comfort handles keep width narrower. Fits more body types while maintaining deflection and resistance. 3.2 lbs (1.5 kg), outside diameter 15" (38cm.)

Flex Ring Toner 10103 \$45 US
 Flex Ring Toner and Handle Pads (save \$15) 12524 \$66.95 US

Flex Ring Handle Pads

Non-skid Foam padded covers slip over handles, securing with Velcro®. Recommended for sensitive hands.

Flex Ring Handle Pads, pair 10097 \$12 US

Spring Circles

Faithful reproductions of Joseph Pilates' Magic Circles. Tempered spring steel with padded wooden handles. Outside diameter 16.5" (42cm).

4-band resistance 12384 \$89 US
 3-band resistance 12385 \$79 US
 2-band resistance 12386 \$73 US



Free Streaming videos at

video.pilates.com



Foot Products

It all starts with the feet!



Foot Corrector (A)

Strengthens and lifts the foot's arch. Makes feet stronger and improves balance and gait. A safe, no-pinch design that accommodates longer and wider feet than others. No need to rotate the device mid-exercise. 2 spring sets included: heavy and light. Printed exercises included.

Foot Corrector	12407	\$175 US
----------------	-------	----------

CenterLine® Foot Corrector (B)

A classical tool that works foot muscles by raising feet off the floor to aid alignment, as well as working the leg and pelvis. Saddle is sized to open the sole horizontally and laterally. Saddle holes have space around the posts so that foot muscles learn to grab the surface and work correctly in order to make no noise. Enhances full body connection.

CenterLine Foot Corrector	12423	\$175 US
---------------------------	-------	----------

Joe's Toe Gizmo®

Improves bunions, corrects toe misalignments, strengthens feet, and improves balance and gait. Comes in two resistances: heavy spring (with black loops) or light spring (with red loops). Or, buy the discounted set of two, which includes one of each.

Joe's Toe Gizmo (light spring)	12411	\$80 US
Joe's Toe Gizmo (heavy spring)	12406	\$82 US
Joe's Toe Gizmo (heavy and lights springs)	12519	\$145 US

See more of our foot products at pilates.com/store.

Precision Rotator Discs

Next generation rotator discs offer progressive spring resistance—and traditional functionality with no resistance. 2 sizes available.

- » 3 levels of spring resistance*: light, heavy or none
- » Longer lasting, top-quality ABS construction. Maximum weight is 500 lbs. (277 kg)
- » 9" (23cm) and 12" (30cm) diameter
- » Strengthen end-range of motion to improve joint support and stability
- » Identifies strength imbalances between limbs
- » Built-in markers measure range of motion

- » Light resistance for upper body work and heavy resistance for lower body training
- » No resistance discs for traditional rotator disc exercise

*Discs are not adjustable. Each provides 1 resistance option.

Pricing (both sizes shown on left)

Rotator Disc 9", no resistance, each	15741	\$29 US
Rotator Disc 9", light resistance, each	15742	\$41 US
Rotator Disc 9", heavy resistance, each	15743	\$41 US
Rotator Disc 12", no resistance, each	15744	\$34 US
Rotator Disc 12", light resistance, each	15745	\$46 US
Rotator Disc 12", heavy resistance, each	15746	\$46 US

Buy any 2 Rotator Discs, and save \$5!

Pads for Rotator Discs

Use on top of Rotator Discs for comfort and cushioning, or underneath the Discs for stabilization on floors. Black, 5/8" thick. Sold individually.

Rotator Disc Pad, Small, 9" (23cm)	10333	\$10 US
Rotator Disc Pad, Med, 12" (31cm)	10334	\$12 US
Rotator Disc Pad, Large, 15" (38cm)	10335	\$14 US

Traditional Wood Rotator Disc, 15" (38cm)

We also offer a traditional Wood Rotator Disc, 15" (38cm). See pricing and photo at pilates.com/store.



Mats and Mat Accessories

Check out all of our mat options—including environmentally-friendly mats with no latex, PVC or chloride. Call us for special volume pricing on 10 or more mats!



A.



B.



C.

Airex® Pilates Mat (A)

Maximum non-slip protection, superb cushioning and a soft, warm touch. Hygienic "Sanitized" treatment. Easy to clean, durable and lightweight.

74.8" x 23.6" x 5/16" (190cm x 60cm x 1cm)

Charcoal	10003	\$74 US
Purple	10004	\$74 US



Balanced Body® Aeromat® (B)

Extra thick to cushion spine during rolling exercises. Superior comfort and safety.

72" x 23" x 5/8" (183cm x 58cm x 1.6cm)

Blue Aeromat	10000	\$52 US
Black Aeromat	10001	\$52 US
Carrying Harness	10002	\$12 US

Mini-Mat

For added stabilization, a great companion to Step Barrel, Pilates Arc® and MOTR®.

1/4" x 34.5" x 12" (1cm x 88cm x 31cm).

Storm Gray	10332	\$8.95 US
------------	-------	-----------

Ecowise Pilates Mat (C)

High quality eco-friendly mat in 3 colors, including Amethyst exclusively from Balanced Body! No latex, PVC, phthalates or chloride. 72" x 23" x 3/8" (183cm x 58cm x 1cm)

Amethyst	10343	\$44 US
Onyx	10344	\$44 US
Blue	10345	\$44 US

Hanging Ecowise Pilates Mat

Eco-friendly with sturdy grommets hang on a rack for space-saving storage. No latex, PVC, phthalates or chloride. Free Hanging Rack when you buy 5+ mats! 72" x 23" x 3/8" (183cm x 58cm x 1cm)

Amethyst	10346	\$47 US
Blue	10303	\$47 US
Onyx	10322	\$47 US



Hanging Rack for Mats

Wall-mounted rack hangs mats flat and off the floor. Holds up to 10 hanging mats. (Hanging hardware not included.)

Hanging Rack	10304	\$24.95 US
--------------	-------	------------

Balanced Body Clean®

100% natural, organic and biodegradable cleaner disinfects and deodorizes your upholstery, metal, and more! Contains no bleach, dyes, solvents, or chemicals.



Concentrate 125ml	15095	\$44.95 US
-------------------	-------	------------

Eight 650 ml bottles	12944	\$53.95 US
----------------------	-------	------------

Two 650 ml bottles	12945	\$14.95 US
--------------------	-------	------------



Stream video workouts

video.pilates.com



Learn more at

pilates.com



Rollers and Myofascial Release

Activate deep core muscles, improve balance and posture, and strengthen extremities. Also great for self massage. Call for volume pricing.

Magic Roller® (A and C)

High performance, professional roller made of top quality, closed-cell foam. Exercise poster included. 6" x 36" (15cm x 90cm)

Rain Cloud & Poster	12641	\$39 US
Swirlie Gray & Poster	12642	\$39 US

Standard Foam Roller, 36"/90cm

Available in full or half-round. White (D) is softer, Black (B) is harder. 4" diameter roller is softest material (in full-round only).

White, Full, 6" dia.	10354	\$23 US
Black, Full, 6" dia.	10310	\$23 US
White, Half, 6" dia.	10106	\$18 US
Black, Half, 6" dia.	10107	\$18 US
White, Full, 4" dia.	10101	\$15 US

Soft Foam Roller, 38"/ 97cm

White, Full, 6" dia.	16073	\$23 US
----------------------	-------	---------

Long Foam Roller, 40"/ 102cm

Extra length and support for longer torsos. Full-round only.

Black, 6" x 40"	10349	\$25 US
-----------------	-------	---------

Magic Roller® Softie (E)

Premium Magic Roller. Very soft. Light gray. 6" x 36" (15cm x 90cm)

Softie Roller	10102	\$39 US
Softie & Poster	12643	\$39 US

Sissel® Roller Head Align (J)

Perfect tool for your clients who need to elevate the head, either on the roller or the floor/mat. Swirlie Blue. EVA foam. No phthalates. Instructional poster included.

Roller Head Align	15104	\$29.50 US
-------------------	-------	------------



Roller Storage Center

Space-saving storage solution for up to 5 rollers. Holds 6" (15cm) diameter rollers. Blue. 38"l x 8"w x 2.5" h, (95cm x 19.5cm x 6cm)

Roller Center	15105	\$26.95 US
---------------	-------	------------

Short Roller

Soft and supportive EVA foam, easy to carry and store! Great travel roller.

Short Roller, 6" x 12" (15cm x 30cm)	10302	\$20 US
--------------------------------------	-------	---------

Learn More at
pilates.com

Magic Roller
\$39



KnotOut® (F)

Unique shape gets to places traditional rollers can't reach. Natural rubber in polyolefin sleeve. Durable, portable, and easy to clean. Size Large for glutes, hamstrings, and other large muscle groups. Medium for shoulders and lower legs. Small for feet and palms.

Small, 1.6" x 5" (4cm x 13cm) 10068 \$18.95 US
Med, 2.75" x 5.5" (7cm x 14cm) 10067 \$29.95 US
Large, 4" x 8" (10cm x 20cm) 10066 \$42.95 US

Spiky Massage Balls (G)

Massage "spikes" create tingling sensation on skin when massaging. 5 sizes. Sold individually.

Orange, 2.5" (6cm) 10307 \$2.95 US
Green, 2.8" (7cm) 10287 \$3.95 US
Yellow, 3.2" (8cm) 10308 \$4.95 US
Red, 3.6" (9cm) 10288 \$5.95 US
Navy, 4" (10cm) 10289 \$6.95 US

Posture/Massage Balls

Use on mat or standing against wall to release muscle tension and improve alignment. Closed-cell EVA foam. Sold individually.

Swirlie Blue, 6" (15cm) 10278 \$19.95 US
Swirlie Blue, 8" (20cm) 10279 \$27.95 US



Learn more at

pilates.com

"Pinky" Ball (H)

For foot massage and proprioception to improve standing posture and gait. Hard natural rubber. Sold individually.

Pinky Ball, 2.5" (6cm) 10294 \$4.25 US

The Stick

Use before and after exercise to prevent soreness and increase flexibility. Provides myofascial release with little effort.

The Stick 10051 \$30 US

Portable Hand Roller (I)

Featuring retractable handles, this roller is designed for travel. Easily fits into suitcase or gym bag. Ribbed surface offers unique rolling experience. Surface: 8" (20cm). Fully extended: 19" (48cm)

Portable Roller 10091 \$21 US

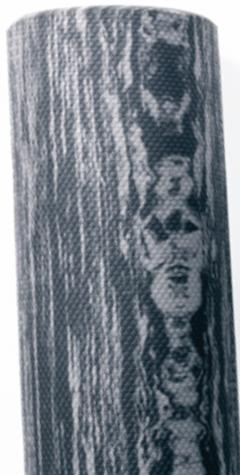
Myotool™

Developed by physical therapists, MyoTool is a uniquely shaped self-massage tool with carefully placed knobs to stimulate targeted areas, from bottom of feet to neck. Exercise booklet included.

MyoTool 10052 \$49.95 US



A.



B.



C.



D.



E.



Inflatable Exercise Balls

Functional, effective and fun, exercise balls are a great addition to group classes and 1:1 training! Call for volume pricing.

Inflatable Ball, 4" (A)

Use for balance work, self-massage, and improve alignment by holding between knees or ankles during footwork.

Inflatable Ball, 4" (10cm)	10295	\$4.95 US
----------------------------	-------	-----------

Playground Ball, 5"

A great massage tool, alignment tool or pelvic floor initiator.

Playground Ball, 5" (13cm)	10297	\$8.95 US
----------------------------	-------	-----------

Two-Way Pump with Needle

Inflates 4", 5" and 8-10" balls.

Two-Way Pump	15914	\$2.50 US
--------------	-------	-----------

TOGU Ball, up to 12" (B)

Provides excellent feedback for core work with abdominals, oblique abdominals, back extension and lateral flexion. Strong enough to kneel on. Inflates with household straw.

TOGU Ball, up to 12" (30cm)	10309	\$23.95 US
-----------------------------	-------	------------

Ribbed Inflatable Ball, 8-10" (C)

Get extra support or increase challenge in mat exercise. Try it behind your rib cage for abdominal curls, between ankles for teaser, or under ribs for side stretch. Exercise poster included. Gray.

Ribbed Inflatable Ball, 8-10" (20-25cm)	10296	\$15.95 US
---	-------	------------

Ribbed Inflatable Ball with poster	12644	\$15.95 US
------------------------------------	-------	------------

Yamuna® Body Rolling, Beginner Kit

Yamuna® Body Rolling relaxes and invigorates, while building core strength and balance. Includes Yamuna's specially-designed ball, pump, and workout DVD. No volume pricing.

Yamuna Beginner Kit	10311	\$60.95 US
---------------------	-------	------------

Inflatable Ball, 8-10" Ball

Increase exercise intensity or use as a proprioception tool. Soft, textured surface for easy gripping. Storm Gray.

Inflatable Ball, 8-10" (20-25cm)	10250	\$8.95 US
----------------------------------	-------	-----------



Streaming video workouts at

[video.pilates.com](https://www.video.pilates.com)

Eric Franklin Products

Created for Franklin Method® classes by Eric Franklin. Air Ball inflates with household drinking straw; others inflate with needle pump (sold separately).

Franklin Textured Ball™ Set (D)

Specifically designed for self massage, balance and gait exercises. Uneven, honeycomb-textured surface provides enhanced stimulation. Sold as a pair.

Textured Franklin Ball, 4" (10cm)	10317	\$24.95 US
-----------------------------------	-------	------------

Franklin Mini-Roll™

Unique shape makes it ideal for supporting and releasing muscles around the spine, legs and shoulders, and activating the pelvic floor.

Franklin Mini-Roll, 4"x6.5" (10cm x 16cm)	10318	\$24.95 US
---	-------	------------

Franklin Easy Grip™ Set (E)

For self massage, balance and gait exercises when maximum sensory stimulation is required. Sold as pair.

Franklin Easy Grip Set, 5" (12cm)	10319	\$16.95 US
-----------------------------------	-------	------------





Franklin Air Ball™ (F)

Balance and proprioceptive tool used to support upper body and challenge core.

Franklin Air Ball, 6-7" (15-18cm)	10320	\$9.70 US
-----------------------------------	-------	-----------

Franklin Smooth Ball™ Set (G)

Developed for sensitive users in self massage, balance and gait exercises. Sold as pair.

Smooth Ball Set, 4" (10cm)	10321	\$23.95 US
----------------------------	-------	------------

Burst-Resistant Fitness Balls

Great for conditioning and rehab, and adding balance challenges, support and fun to a workout or therapy session.

Not recommended for use with fitness equipment. Inflation pump included.

Your height	Ball size (max. height/diameter)
4'8" to 5'3"	55cm (21")
5'3" to 6'0"	65cm (25")
6'0" to 6'7"	75cm (29")

Balanced Body offers 2 types of Fitness Balls.

Fitness Balls (H)

Finest burst-resistant quality with soft, supple feel, and subdued colors.

Grey, 55cm (H)	10249	\$30.95 US
Red, 55cm	10290	\$28.95 US
Deep Purple, 65cm	10291	\$34.95 US
Blue, 75cm	10292	\$38.95 US



EcoWise® Fitness Balls

Eco-friendly - no latex, PVC, phthalates or chloride in these colorful burst-resistant fitness balls.

Spa Green, 55cm	10329	\$28.95 US
Brilliant Red, 65cm	10330	\$34.95 US
Spa Blue, 75cm	10331	\$38.95 US

Deluxe Fitness Ball Base, 20" (51cm)

Convenient storage base. Fits all our fitness balls. Black.

Ball Base	10282	\$24.95 US
-----------	-------	------------

Fitness Ball Stacker

Store up to three balls vertically. Clear plastic.

Ball Stacker	10283	\$19.95 US
--------------	-------	------------

Begin Chair®

Developed in collaboration with Maria Mankin, our patented Begin Chair is a functional addition to your office or studio. It is the only ball chair with comfortable lumbar support that adjusts to spine's natural curves.

The smaller ball in the chair back adjusts to fit every spine. The large ball/seat provides instability, activating core muscles. Deflate ball to adjust seat height.

Color: Storm. Pump included.

Begin Chair	12485	\$499 US
5 Year Warranty		

Begin Chair® Accessories

Add Wheels to your Begin Chair

Make the Begin Chair more mobile. Wheel kit includes heavy duty casters and hardware for installation.

Wheel Kit for Begin Chair	12877	\$99 US
---------------------------	-------	---------



Pads, Poles and more!

Pads for comfort. Poles for balance and stability. Plus other cool tools.

Standing Platform Pad

Fits on standing platform on Reformer. Cushions hands and forearms while exercising. Approx. 22" x 4" x 0.5" (56cm x 10cm x 1cm).

Platform Pad 15968 \$10.95 US

Non-Skid Kneeling Pads

Extra cushioning for kneeling exercises. Black: 7" x 14" x 0.25". Others: 7.5" x 14" x 0.5" (19cm x 36cm x 0.6cm)

Light Gray 10098 \$10 US
 Blue 10099 \$10 US
 Aqua Green 10100 \$10 US
 Black (not shown) 10248 \$8 US

Cotear™ Non-Slip Tape

For a better grip on your push-through bar or other props. Medical-grade adhesive tape is easy-to-remove with no sticky residue. Each roll is 2" (5cm) wide and 15' (4.6m) long. We use about 3/4 of a roll to cover one bar.

Black 10006 \$2.95 US

Yoga Strap

Lightweight with buckle for quick adjustment. Support the body while stretching. Blue, 8' (2.5m) long

Yoga Strap 10277 \$8 US

Gondola Pole (A)

Helps you balance when performing standing work. Rubber ends improve traction on floor. Solid maple. 60" (152cm) length x 1.25" (3cm) diam.

Gondola Pole 12369 \$45 US

Weighted Metal Poles

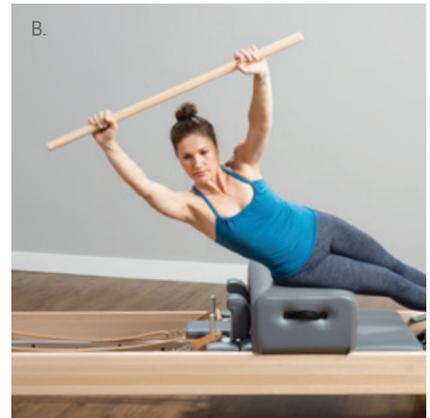
Chrome-plated with rubber ends. 31" length (79cm).

2 lb (0.9kg) 12400 \$57 US
 3 lb (1.4kg) 12401 \$60 US
 3.8 lb (1.7kg) 12147 \$58 US

Maple Dowel (B)

For alignment, arm work and more!

27" (68cm) 11489 \$26 US
 32" (81cm) 12374 \$27 US
 36" (91cm) 12375 \$28 US



Balanced Body Barre® (C)

Portable, easy-to-assemble aluminum barre with anti-microbial, powder-coated satin finish.

1.5" (4cm) in diameter. Two lengths: 72" (183cm) long or 48" (120cm) long. Vertical height adjusts from 6" (15cm) to 46" (117cm). Horizontal floor supports are 28" (71cm) long.

Non-slip rubber feet grip without damaging floor.

Balanced Body Barre, 72" long (183cm) 10064 \$145 US

Balanced Body Barre, 48" long (120cm) 10063 \$135 US

SmartSpine™ and Sacral Wedge

Created by Marie-José Blom, SmartSpine eases spinal biomechanical challenges during core exercises.

Delivers immediate sensory and proprioceptive awareness, simplifies cueing and increases mind/body focus.

For hot/cold therapy. 100% natural unbleached cotton, infused with organic lavender.

SmartSpine 10043 \$125 US
 Sacral Wedge 10044 \$25 US

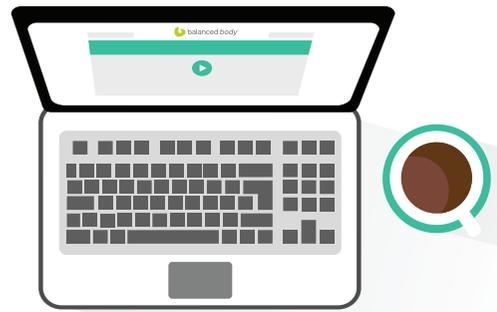
Learn more at [pilates.com](https://www.pilates.com)

Videos, Books & Apparel



New! Streaming Video Program

Big News—our new Streaming Video Program offers a premium viewing experience, better title and subscription pricing, expanded video library, and the ability to create your own personalized video play lists! Our videos range from how Pilates is used to address specific conditions like Scoliosis and Osteoporosis, to how to make it “burn bad” for Men in Pilates and Pilates High Intensity Interval Training (HIIT.) All hosted by some of the best instructors in the world. Start your 30 day free trial at www.pilates.com/freetrial.



Manuals

Designed to help you take the next step in your movement career.

Balanced Body® Manuals: Detailed Guides for Practicing Pilates

Comprehensive Balanced Body manuals include exercise descriptions with photograph sequences, precautions, common modifications, and cueing for optimum form. Instructions on equipment use, programs for different levels and overview of the Pilates principles will deepen your appreciation for the Pilates method. Spiral bound and updated to full color except the “Mat and Toys” series.

Arm Chair	16 categories	50 pp	13029	\$24.95 US
Orbit™	47 exercises	122 pp	13023	\$49.95 US
Mat	81 exercises	99 pp	13012	\$59.95 US
Mat and Ring	37 exercises	88 pp	13019	\$39.95 US
Mat and Roller	30 exercises	100 pp	13020	\$39.95 US
Mat and Balls	22 exercises	132 pp	13021	\$39.95 US
Mat and Bands	36 exercises	125 pp	13022	\$39.95 US
Reformer	103 exercises	165 pp	13013	\$74.95 US
Chair	58 exercises	76 pp	13014	\$59.95 US
Trapeze Table	60 exercises	102 pp	13015	\$74.95 US
Barrels	21 exercises	49 pp	13016	\$49.95 US
EXO® Chair	46 exercises	76 pp	13017	\$44.95 US
Pilates Arc™	41 exercises	88 pp	13018	\$44.95 US
Set of 5 manuals - save \$45 (Mat, Reformer, Chair, Trapeze Table, Barrels)			12624	\$274.95 US

Manuals by Ellie Herman

Interesting read for Pilates trainers, fitness professionals, and those wanting a deeper understanding of their practice. Classic Pilates repertoire plus original exercises from Ellie Herman. Detailed descriptions and photos with breathing, alignment cues, contra-indications, and rehab applications. Paperback, black and white photos.

Mat Work	80 exercises	191 pp	13060	\$59.95 US
Reformer	100 exercises	183 pp	13042	\$69.95 US
Cadillac	35 exercises	112 pp	13047	\$39.95 US
Springboard	70 exercises	122 pp	13041	\$49.95 US
Wunda Chair	40 exercises	111 pp	13046	\$49.95 US
Arc & Barrel	77 exercises	152 pp	13081	\$59.95 US

Reforming Human Movement

by Christine Romani-Ruby, PT, DPT

Comprehensive textbook covering the use of Pilates reformer as a tool for movement intervention. Written for movement professionals of all levels, this book provides fundamental knowledge on how to safely train clients on Reformer. Paperback, black and white illustrations.

15191 \$59.95 US

Pilates Teachers' Education Program

by Jennifer M. Stacey, MS

“Teaching the Universal Repertoire” is a comprehensive guide to the Reformer repertoire. Learn settings, contra-indications, transitions, modifications and sequencing. Clear photos, detailed cueing and teaching tips. Paperback, black and white.

Universal Reformer Repertoire, 256 pp 13070 \$78.95 US

Featured Books

Balanced Body's selection of Pilates books explores the fascinating connection between mind and body. Here are some featured selections:

Trail Guide to the Body Flashcards

by Andrew Biel, LMP

These flashcards assist in memorization of muscle name, origin, insertion, action, and nerve innervation, as well as pronunciation. Includes page numbers of Trail Guide to the Body (book) to quickly reference the text and assist in your learning. Vol. 1 includes the skeletal systems, joints and ligaments, and movements of the body. Vol. 2 covers muscles.

Trail Guide to the Body Flashcards, Vol. 1	13074	\$18.95
Trail Guide to the Body Flashcards, Vol. 2	13075	\$21.95

Return to Life Through Contrology

by Joseph H. Pilates

Published in 1945, this original work by Joseph Pilates includes specific advice regarding posture, body mechanics, correct breathing, spinal flexibility, and physical education. He presents his original 34 mat exercises, with instructions and illustrations.

Return to Life Through Contrology	13093	\$16.95
-----------------------------------	-------	---------

See our full collection of books, manuals and workbooks at pilates.com

Scolio-Pilates: Exercise for Scoliosis, 2nd edition

by Karena Thek

This guidebook breaks down this complicated subject into steps that correct alignment, de-rotate the spine before beginning an exercise, and demonstrate the best exercises to choose for maximum benefit. Two-part series includes over 30 thoroughly-illustrated exercises.

Scolio Pilates: Exercises for Scoliosis	16001	\$64.95
---	-------	---------

Prenatal Pilates (Mat)

by Carolyne Anthony

This detailed manual includes exercises that are safe and beneficial for any stage of pregnancy. Illustrated with full color photographs, each movement is clearly shown and explained. Use with the full Pilates Way to Birth manual, or by itself.

Pre and Post Natal Pilates on the Mat	13026	\$29.95
---------------------------------------	-------	---------

Fascia in Motion

by Elizabeth Larkam

Inspired by the most significant publications from fascia research. Author Elizabeth Larkam correlates fascia-focused movement criteria with Pilates principles to provide a unique and in-depth perspective on the mat and equipment repertoire of Joseph H. Pilates.

Fascia in Motion	15913	\$59.95
------------------	-------	---------



Adding Pilates to Your Cancer Treatment Plan

Lauren Adam Communications Specialist at the Mesothelioma Cancer Alliance

Coping with a cancer diagnosis is not easy.

Cancer affects the entire body, changing a person's overall physical attributes and their mental health. According to the National Cancer Institute nearly 20% of cancer patients experience depression. For many, life is not the same once they've been diagnosed with the disease. Patients feel alone even when their family, loved ones, and a team of health professionals are a supportive presence.

patient is often close to 70 years old at the time of diagnosis. Geriatric patients may also face other issues resulting from age, and learning coping mechanisms are paramount in facing cancer

It's natural to worry about whether cancer or the treatments will cause pain. Not all cancers are alike, and patients often experience changes both physically and mentally.

Mood swings are common. Fortunately there are now options to help reduce pain and increase the physiological and

Patients who practice Pilates are said to regain their confidence.

A 2017 study from the National Institute of Medicine found that after 8 weeks of Pilates, patients experienced higher quality of life scores, increased upper body extremity functions and improvement in social appearance anxiety compared to the group that did not participate. Consistent practice is key. Other benefits of Pilates during cancer treatment include a natural reduction in inflammation and a boost to the immune system.

Improving mental health through meditation

The beginning stages of meditation can be difficult. Combining meditation with Pilates can make meditation easier. Both forms of exercise require focus and keen attention to breathing. While Pilates teaches your body to slow down, meditation teaches your mind to relax. Meditation can subdue a patient's feelings of anxiety, insomnia or excessive fatigue. Another way to practice proper meditation is to use a daily mantra -- a short phrase said while focusing on breathing. A mantra can help create a soothing environment. "Let go" is one common mantra uttered between breaths.

Whether just diagnosed with cancer, undergoing treatment, or a survivor, Pilates and meditation can have long-lasting positive effects on patients' mind and body. Having family members join in meditation and Pilates exercise often increases patients comfort level.



As Communications Specialist, Lauren works to raise awareness for mesothelioma to reach those who have been exposed and to get the health and financial benefits afforded to them. Currently, Lauren helps to create and enact outreach strategies to build relationships with other organizations to bring

awareness to and advocate for people with mesothelioma. Learn more at www.mesothelioma.com.



Depression can be a significant obstacle in treatment and recovery. This is particularly true for those facing fatal forms of cancer or who've been diagnosed in the disease's later stages. A study conducted by Chochinov and colleagues concluded that terminally ill cancer patients who ignore their prognosis are three times more likely to experience depression.

One example of a disease often diagnosed in its later stages is mesothelioma. It's a rare cancer affecting the organ linings of the lungs, heart or abdomen and usually leaves patients with few treatment options. Caused by asbestos exposure, mesothelioma symptoms can take anywhere from 20 to 50 years to develop. The typical mesothelioma

mental health of patients going through treatment.

When a prognosis is terminal, some people struggle with the fear of death and leaving their loved ones behind. To combat these fears and aid in pain tolerance, some patients practice Pilates and meditation

Pilates for Cancer Patients

Pilates can be useful while undergoing cancer treatments because of its low-impact. This form of physical rehab has grown in popularity due to benefits such as improving balance and flexibility, helping to regain muscle loss and increasing endurance.

Historical Posters and Photos

Exclusive—rare photographs of Joseph Pilates in his 8th Avenue studio in New York City! And our most popular studio posters.

Original Pilates Studio

Beautifully detailed photo shows the Pilates Studio circa 1940. Given to Ron Fletcher by Clara Pilates. 30" x 24" this poster will be a focal point in your studio. Heavyweight paper.

Poster, 30" x 24" (76cm x 61cm) 10110 \$39.95 US

IC Rapoport Photographs

Finest photographs we have seen of Joseph Pilates at work. By I.C. Rapoport on October 3, 1961 while on assignment for Sports Illustrated. Available as archival pigment prints, and posters.

"The Cadillac"

Shows Joe teaching proper position to an unidentified student. Heavyweight paper.

Poster, 30" x 24" (76cm x 61cm) 10133 \$44.95 US

Photo, 11" x 16.5" (28cm x 42cm) 10116 \$150 US

"The Barrel" (A)

Joe demonstrates use of "The Barrel," one of his "mechanical contraptions designed to strengthen and stretch the body." Heavyweight paper.

Poster, 22" x 32" (56cm x 81cm) 10134 \$44.95 US

Photo, 11" x 16.5" (28cm x 42cm) 10120 \$150 US

Jack Knife (B)

Joe cueing a student in Jack Knife on the Reformer. Heavyweight paper.

Poster, 22" x 32" (56cm x 81cm) 10149 \$44.95 US

Additional IC Rapoport Photographs

All below are 11" x 16.5" (28cm x 42cm)

A. Client/Reformer Photo	10111	\$150 US
B. Trap Table Photo	10118	\$150 US
C. Client/Mat Photo	10113	\$150 US
D. Short Box Photo	10114	\$150 US

Anatomy Poster

Finest wall chart for teaching and learning the human superficial muscular system and its relationship to the skeleton. 12+ photographic/orthographic views. "Cut-away" details and cross sections depict real 3-D projection of forms and features. "Test your knowledge" and primary muscle actions sections make this superior to other wall charts. Printed full-color, 2-sided, laminated with metal hanging rivets. 40"W x 26" H (102cm x 66cm).

Anatomy Poster 10135 \$39.95 US

The Pilates Chart

Colorful chart with the original mat sequence in a color-coded system showing beginning, intermediate, and advanced exercises. Brought to you by Carol Appel, this bold poster is perfect to decorate a studio, or to reference at home.

The Pilates Chart 24" x 35.5" (61cm x 90.2cm) 10341 \$32.95 US

Additional Posters and Photographs available at pilates.com



Vintage Shirts

Moisture-wicking performance joins unbeatable tri-blend softness in this vintage throw-on-and-go tee.

Price: \$21.95

Womens (XS-L)
Mens (S-XL)



More apparel at



[pilates.com](https://www.pilates.com)



"Ring of Fire" Muscle Tank

A more feminine version of the traditional muscle tee! Super soft and layers perfectly with a sports bra. Relaxed, drapery fit. Poly/cotton blend.

Price: \$35

Womens (S-XL)

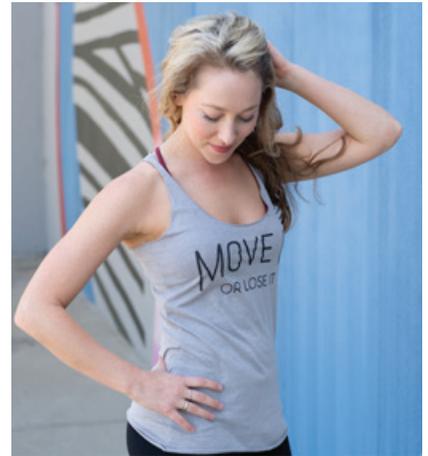


"Arabesque" Hoodie

Lightweight and perfect to throw over your tank top in a chilly studio or at night. Kangaroo pocket and ribbed detailing. Poly/cotton/rayon blend.

Price: \$45

Unisex (S-XL)



Move It or Lose It Tank

Perfect for layering, this relaxed fit tank is designed with an ultra-soft triblend and a flattering racerback with raw edge seams.

Price: \$19.99

Womens (XS-L)

Shipping / Returns / Warranties

For complete information on shipping, returns, changes and cancellations, (US and International) visit "About My Order" at pilates.com.

Shipping

Large equipment ships via freight company in cardboard boxes, unless you request a wooden crate at additional cost.

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

For complete and current information, please visit "Returns & Warranties" in our online store at pilates.com.

Patents

For complete and current information on Balanced Body patents, please visit www.pilates.com/patent.

Legal Notices

For complete and current information on Balanced Body trademarks and/or service marks, please visit pilates.com/legal.

How else can we help you?

Call or email us!

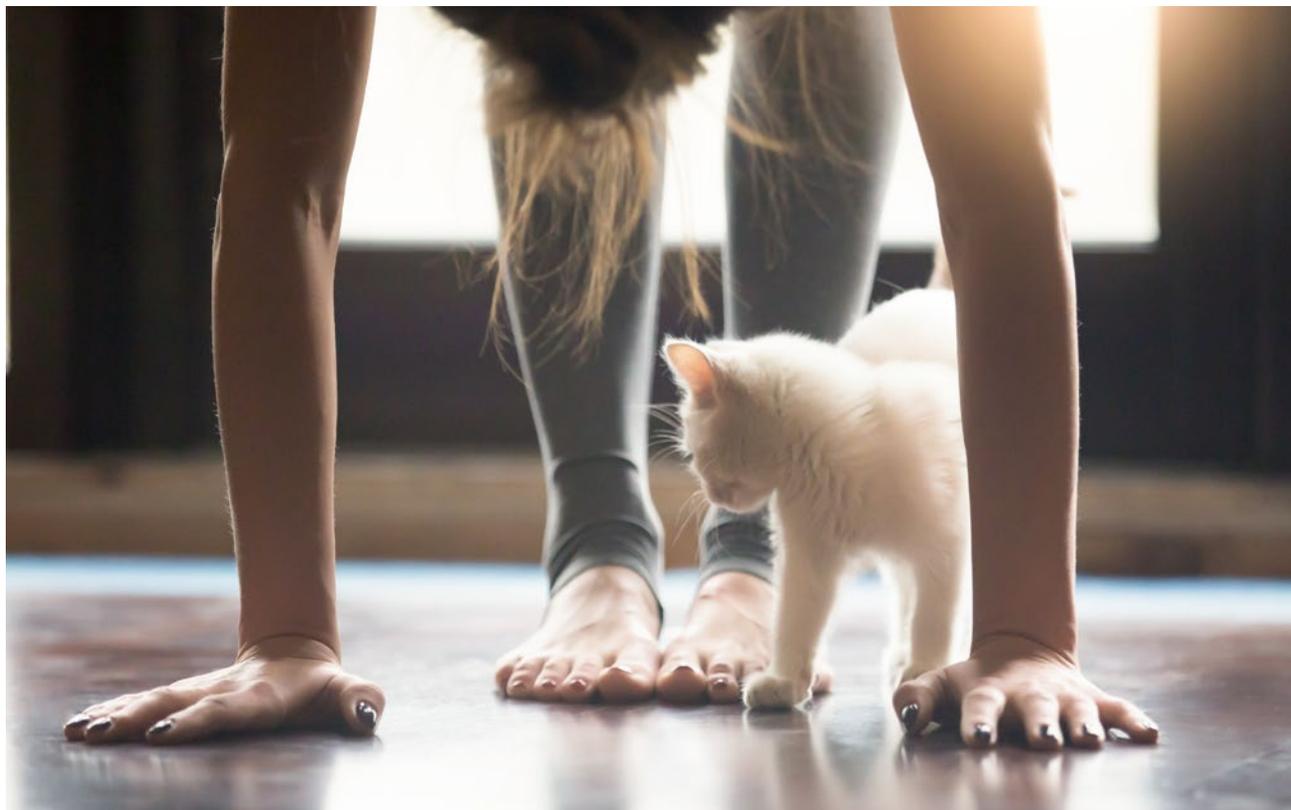
Monday-Friday, 6am to 5pm PST

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





5909 88th Street Sacramento, CA 95828 USA
1-800-PILATES | pilates.com

Transforming how people look,
feel and move for over 40 years.

Visit us online at pilates.com.



2019 ANNUAL CATALOG

