

Our Services

Pilates Semi-Private/Small Group Class

This class can take a maximum of 3 clients to ensure individualized attention and proper form. We use several different pieces of Pilates equipment i.e. mat, spine corrector, reformer, chair and trapeze table for a well-rounded, full body workout with focused attention to alignment and posture.

These semi-private sessions are perfect for individuals who have completed their rehab or physical therapy treatment for an injury or condition and would like to either maintain their health or continue to improve and progress their fitness level. There is ongoing communication between the licensed Physical Therapists and certified/trained Pilates Instructors to ensure a safe and effective workout that focuses on your needs as an individual. Some of the classes/sessions are taught by a licensed Physical Therapist as well. This is quite different from going to a general Pilates studio where there can be 8-10 students of different levels and with different issues. Some exercises done in a larger group class may be good for you but some may be detrimental- how would you know the difference? You can read more about how it's generally not a good idea to take group Pilates, Barre or Yoga in order to fix your neck/back/shoulder pain, etc.

here: [5-reasons-why-your-Yoga-Pilates-Barre-class-isn-t-fixing-your-back-pain](#)

Currently, we have Pilates Trio/Healthy Spine classes on Monday at 5:00pm, Tuesday at 11:00am & 12:00pm. You can check for availability or schedule online here: [Pilates Trio/Healthy Spine](#) or [Silver Sneakers Pilates Trio](#). Drop-ins are \$50 per session or you may purchase a package of 5 sessions at a discount for \$225 (which can be used at your discretion within the 6 months-expiration date set from the time of purchase) or \$400 for a 10 pack session for an even better discount. You may only schedule and pay online for the 5 or 10 session package, drop-ins must be scheduled via phone.

****NEW for SUMMER ONLY****

Friday Pilates Trio class at 1:30pm

Looking for personal training at reduced cost? This is a great deal since personal training with the ONLY RKC certified Kettlebell Instructor in San Ramon, Victoria Liu normally costs \$150/session, this small group (limited to 5) x 4 sessions is \$165 On SALE NOW until 2/15/17! Price goes up to \$180 after 2/15. Don't wait, this will sell out! Here are some of the benefits: - improve hip mobility - maximize your core strength. - improve shoulder stability - help ease back pain - improve sports performance - run faster and stronger. Contact vliu@ironhorsept.com for more information or you can sign up for evening class [here](#) or the day class [here](#).

We continue to add these semi-private sessions to our schedule so please check back or call us at 925-222-5446 for additional days/times.