

Poised Living - Jennifer Whyte - Price List

Learn & Practice Pilates and Yoga in an intimate, one on one setting where clients are assured of a completely private and supportive experience.

Poised Living firmly believes that Pilates and mindful movement can positively change lives. Whether you are an enthusiast or a professional, we have what you need for a better, healthier way to live.

Pilates

Single - \$90

5 privates - \$85/ea

10 privates - \$80/ea

Paddleates

30 minutes stand up paddle boarding + 30 minutes of pilates (board included)

\$60 an hour

Yogalates

30 minutes of yoga + 30 minutes of pilates: \$45 an hour

book an appointment today!

310-857-7741