

PILATES

Values: the core of our practice

Pilates for everybody

Facilitating accessible movement and fostering a community that is inclusive for all

Learning and development

Cultivating an unyielding drive for continuous growth and excellence, while embracing change and the need to innovate

Feel good exercise

We break down barriers of entry, we celebrate all capabilities, we adapt to your needs and we forge mindsets of resilience and fearlessness.

High quality, always

Uncompromising excellence and a commitment to a high quality Pilates experience is how we uphold and live by our Virgin Values

Purpose driven

We believe in Pilates and we serve others

Through our Pilates programme, we aim to create an inclusive community, promote continuous learning and excellence, ensure enjoyable and adaptable exercises, maintain high-quality instruction, and serve others with a sense of purpose.

This manifesto shares the values that guide our Pilates practice through you, our teachers

