



WELCOME TO QREFORMER STUDIO

Welcome to the Q Reformer Studio, the latest addition to Quinta do Lago's world-class wellness offerings. Our Pilates sessions are led by expert instructors, using beautifully crafted maple classical apparatus. Whether you're an athlete, a golfer, or simply seeking to improve your posture or enhance your fitness, our classes are designed for all levels and tailored to individual needs. Discover the transformative power of Pilates in a serene, supportive environment—and elevate your wellness journey here at Quinta do Lago.



THE PILATES METHOD

Developed by Joseph Pilates, this method — originally called Contrology — is a comprehensive system of physical and mental conditioning.

As Joseph famously said:

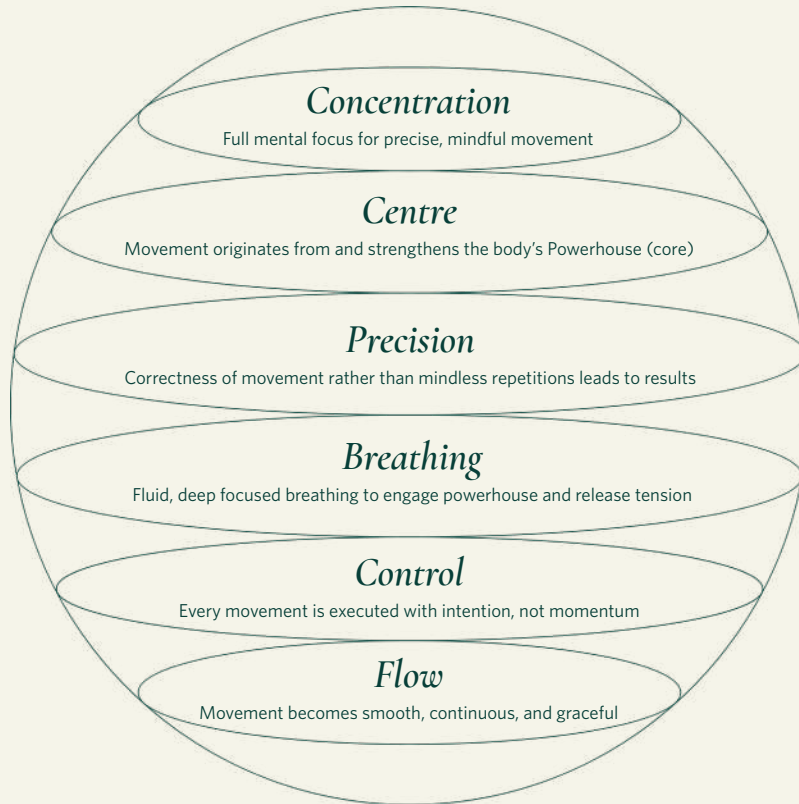
“Physical fitness is the first requisite of happiness.”

Pilates focuses on the deep connection between body and mind through controlled, precise movements on specialised equipment or the mat.

Practised regularly, Pilates delivers noticeable results:

“You’ll feel better in 10 sessions, look better in 20, and have a completely new body in 30.”

THE SIX CORE PRINCIPLES





MEET OUR INSTRUCTORS

*“Do the exercise exactly
as Joe taught it, and you’ll
understand why.”*

- Romana Kryzanowska

As third-generation Pilates teachers, their lineage traces directly back to Joseph Pilates through Romana Kryzanowska—Joseph’s chosen successor. Romana dedicated her life to preserving the integrity of the original Pilates method. Cátia and Pedro honour this legacy, teaching with the same precision and passion, ensuring every student experiences the full benefits of classical Pilates.

THE BENEFITS OF PILATES

Practising Pilates regularly improves:

Posture and Body alignment

Core Strength and Stability

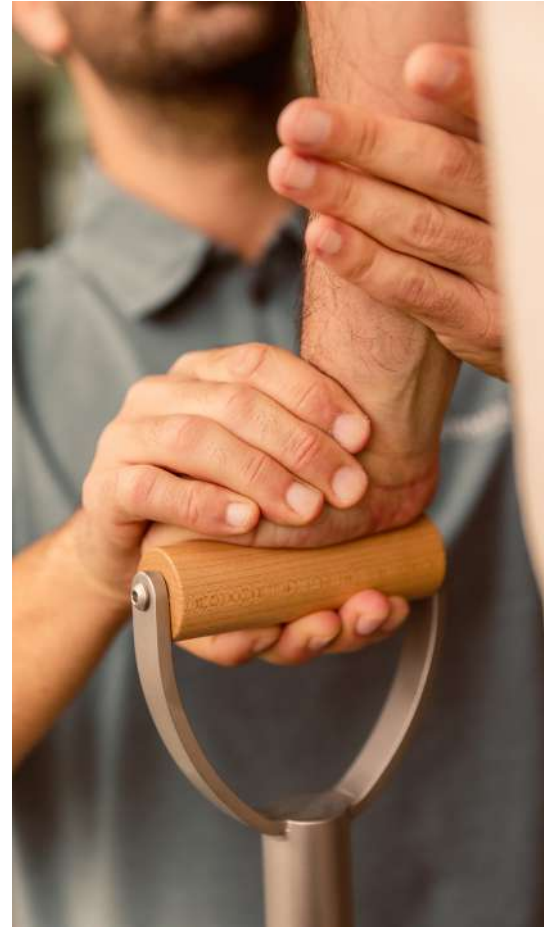
Flexibility and Mobility

Body Awareness for Mindful Movement

Injury Prevention Through Balanced Muscular Development

Mental Clarity and Reduced Stress

Whether your goal is enhanced athletic performance, rehabilitation, or general wellness, Pilates is your foundation for lifelong health.





THE CLASSICAL PILATES APPARATUS

Our studio features the full range of Joseph Pilates' apparatus, offering a comprehensive and differentiated experience of the Pilates method. Each apparatus complements the others, creating a holistic approach to strength, flexibility, and control.

Reformer
Mat (Wall)
Cadillac (Trapeze Table)
Wunda Chair
Electric Chair
Ladder Barrel
Spine Corrector
Baby Chair
Guillotine

OUR CLASS OFFERINGS

Private Sessions

Every body is unique, with its own history, movement patterns, and goals. Our one-on-one, fully personalised sessions offer focused attention, precise hands-on corrections, and tailored progressions for a more efficient and beneficial practice.

With the instructor's undivided attention, each movement is executed with perfect form, adjusted to meet your specific needs—whether for rehabilitation, athletic performance, postural alignment, or overall conditioning. Immediate feedback and hands-on adjustments enhance body awareness, accelerate progress, and promote healthy movement patterns that extend beyond the studio.

Duo Sessions

Share the Pilates experience with a friend or partner. Duo sessions are both motivating and enjoyable, offering personalised instruction while fostering mutual encouragement. Recommended for same level practitioners with no medical conditions or injuries.





GROUP CLASSES

Explore a variety of group classes designed to suit different levels and goals:

Classic Pilates for Beginners

The perfect introduction to Pilates on the Mat Wall apparatus. Learn the core principles, foundational Power house building exercises, and proper technique. Ideal for those new to Pilates or looking to revisit the basics or prepare for the Reformer and other apparatus.

Classic Reformer Fundamentals

Build upon your foundational knowledge with a focus on introducing key Reformer exercises, helping you refine technique and prepare for more dynamic movements. Ideal for those who have experienced the classic Reformer.

Classic Reformer & Mat Wall

A full-body workout combining traditional Reformer exercises with Mat Wall (springs) work. This class offers a variety of challenges for those familiar with Pilates fundamental apparatus work.

Group classes are designed for individuals who are in good health and free from injuries, chronic pain, or discomfort. They are best suited for those who have already developed body awareness through private sessions or are 100% healthy. We highly recommend that all practitioners take an individual assessment and 1:1 sessions prior to joining our group classes.





PILATES FOR ATHLETES

Pilates is the secret weapon behind peak athletic performance.

For Golfers

- Improve rotational mobility
- Enhance core stability for a powerful swing
- Prevent common back issues

For Runners

- Strengthen stabilising muscles
- Improve posture and running efficiency
- Enhance endurance through controlled breathing

For Strength Athletes

- Improve lifting form and flexibility
- Build core stability for heavier lifts
- Reduce injury risks

The Perfect Balance: Combine Pilates with strength training for optimal fitness, longevity, and performance.



<i>Price List</i>	General	Membership
Group Classes	€40	2x Week • €260 Month / €70 Week 3x Week • €380 Month / €100 Week
1:1 Session	€105	First Trial Session • €55 1x Week • €340 Month 2x Week • €660 Month / €180 Week 3x Week • €960 Month / €260 Week
Duo Session	€190	1x Session • €110 1x Week • €700 Month 2x Week • €1320 Month / €340 Week 3x Week • €1800 Month / €480 Week
Pack of 5 Group Classes	€192,5	•
Pack of 10 Group Classes	€370	•
Pack of 10 1:1 Session (Valid For 2 Months)	€950	•
1:1 Session & Group Classes	•	1x Week • €480 Month / €120 Week



PRACTICAL INFORMATION & REGULATIONS

Studio Guidelines

- Age Requirement: Open to those 16+.
- Bookings: Pre-book via www.quintadolago.com/q-reformer-pilates; please arrive 5 minutes early.
- Dress Code: Fitted clothing, no zippers or jewellery.
- Hair: Hair should be tied back for clear visibility of the neck and cervical positioning.
- Disclaimer: Participation in classes is at your own risk. Please consult a medical professional before starting any new exercise programme.
- Punctuality: Late arrivals may lose their session to avoid disrupting the class.
- Cancellations: Inform us 24 hours in advance for cancellations to avoid full charge.

Health & Safety

Before starting Pilates, we recommend a minimum of four private sessions to learn the foundational exercises and movements, especially if joining group classes. If you have any health concerns, please consult with our instructors to design a safe, effective programme.

DISCOVER OUR CALENDAR

This schedule may change according to demand

BOOK NOW



QUINTA^{do}LAGO
REFORMER
PILATES