

POWERHOUSE PILATES

WHO ARE WE

Powerhouse Pilates Greenhills, the newest branch from the renowned Powerhouse Pilates family. Powered by OptionsStudio Philippines and under the ownership of the esteemed Pilates Mentor and Senior Movement Specialist, Ms. Alex Roces-Nuyda, along with our Pilates Program Director, Ole Eugenio, and Pilates Mentor Educator, Neil Alvarez, Powerhouse Pilates is set to revolutionize the pilates scene in the heart of Greenhills. Our state-of-the-art studio aims to provide a transformative and invigorating experience for fitness enthusiasts of all levels. Get ready to embark on a journey towards strength, flexibility, and overall well-being with Powerhouse Pilates.

WHAT IS PILATES

Pilates, a gentle form of exercise involving precise movements, enhances balance, core strength, flexibility, and mobility. It focuses on strengthening the smaller, deeper muscles that provide overall structural support and promote better health.




BENEFITS OF PILATES

- Improved core stability and strength
- Sculpted waistline and defined abs
- Lengthened, leaner muscles
- Increased mobility with less bulk
- Enhanced posture and alignment
- Reduced stress and back pain
- Enhanced muscular balance and strength
- Reduced risk of injury due to poor posture
- Greater flexibility
- Enhanced sports performance
- Improved balance and coordination
- Increased range of motion
- Enhanced blood flow throughout the body
- Strengthened immune system



CONTACT

Powerhouse Pilates Greenhills
B1 The Corner House, P. Guevarra corner Recto
Street, San Juan, Metro Manila
0917 156 7358
powerhousepilatesgreenhills@gmail.com
powerhousepilatesph.com

 @powerhousepilatesgreenhills
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CLINICAL PILATES

Conducted by a Pilates expert who has received training to work with special population clients (those with injuries and dysfunction).

Single Private Session	P2,700
10 Private Session	P26,000
20 Private Session	P50,000
30 Private Session	P72,000

ONE ON ONE PRIVATE SESSION

Single Private Session	P2,500
10 Private Session	P24,000
20 Private Session	P46,000
30 Private Session	P66,000

PRIVATE GROUP – DUO

Single Private Session	P1,950
10 Private Group Session	P18,500
20 Private Group Session	P36,000
30 Private Group Session	P52,500

Rates are per person basis

PRIVATE GROUP – TRIO / QUADRO

Single Private Session	P1,750
10 Private Group Session	P16,500
20 Private Group Session	P32,000
30 Private Group Session	P46,500

Rates are per person basis

PILATES GROUP SESSIONS

Single Group Session	P1,500
5 Group Session	P5,500
10 Group Session	P10,500
15 Group Session	P15,000

Monthly Membership Fee

PILATES PROGRAM DIRECTOR RATES – OLE EUGENIO

Single Private Session	P3,500
10 Private Session	P33,000
20 Private Session	P62,000
30 Private Session	P87,000

PILATES MENTOR EDUCATOR & OWNER / FOUNDER RATES – NEIL ALVAREZ AND ALEX ROCES – NUYDA

Single Private Session	P2,750
10 Private Session	P26,500
20 Private Session	P51,000
30 Private Session	P73,500

MYOTHERAPY (55MINS)

Myotherapy is a specialized form of physical therapy that addresses musculoskeletal pain through various manual techniques like soft tissue massage and stretching to improve mobility and function. It is commonly utilized for individuals experiencing muscle pain, injuries, or restricted movement.

Single Session	P3,000
4 Sessions	P9,900
8 Sessions	P17,500

MYOTHERAPY + AIS (85MINS)

Active Isolated Stretching (AIS) is a stretching technique that enhances oxygenation and nutrition of myofascial structures, boosts circulation and lymphatic drainage, alleviates muscle discomfort, enhances flexibility, and supports faster warm-up and recovery processes.

Single Session	P3,500
4 Sessions	P11,900
8 Sessions	P22,100

MYOTHERAPY (30MINS)

Single Private Session	P1,700
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Sign up now and receive a 50% discount on your initial trial session!



Enjoy the special offer within two weeks of registering.

