

POWERHOUSE PILATES

WHO ARE WE

POWERHOUSE PILATES is a licensed Pilates studio in the Philippines and a growing leader among the country's top Pilates studios. As part of the expanding OptionsStudio network, we work in direct partnership with Pilates Master Trainer Ole Eugenio, one of Asia's leading Pilates instructors. Rooted in the original and authentic methods of Joseph Pilates, our practice is distinct from contemporary trends, focusing on precision, safety, and purposeful movement. We are the first Pilates studio in Nuvali, Laguna, and among the few OptionsStudio partners south of Metro Manila, equipped with industry-leading Classical Pilates apparatus. Welcoming all ages and bodies, our expertly trained instructors provide personalized, thoughtful guidance to support long-term strength, holistic well-being, and a better quality of life.

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

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 @powerhousepilatesnuvali
 Powerhouse Pilates

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

INTERMEDIATE GROUP CLASS

Single Group Session	P1,750
10 Group Session	P16,500
20 Group Session	P32,000
30 Group Session	P46,500
Monthly Membership Fee	

FOUNDATION GROUP CLASS

Single Group Session	P1,300
10 Group Session	P12,000
20 Group Session	P23,000
30 Group Session	P33,000
Monthly Membership Fee	

- It is required to complete a minimum of 3 private sessions before participating in Pilates group classes. This is to ensure the safe and effective use of equipment, as well as to improve understanding and technique of the exercises.
- To ensure the safety and well-being of all participants, we kindly request that clients with medical conditions or previous injuries refer to joining our group programs. We appreciate your understanding and cooperation in this matter.
- Classes with no attendees may be canceled or the client will have the option to convert the session into private 1:1 session.

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 – LOVE CAPIRAL AND ALEX ROCES – NUYDA

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

Sign up now and receive a 50% discount on your initial trial session!



Enjoy the special offer within two weeks of registering.

