



Club Pilates Barrington

Welcome to the Club Pilates Experience!

We believe that Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. And best of all, we believe that you can start anytime.

Born in San Diego in 2007, Club Pilates has expanded around the globe. Pure to Joseph Pilates' original Reformer-based Contrology Method, but modernized with group practice and expanded state-of-the-art equipment, Club Pilates offers high-quality, life-changing training at an affordable price.

No matter your age or level of fitness, there's a Pilates class that will work for you. Club Pilates studios feature a variety of apparatus, including TRX, Exo-Chair, Bosu ball, mats, rollers, and more.

Our instructors perform hundreds of hours of training to meet teacher standards so they can provide the highest quality Pilates workouts.



Here are 7 reasons you should consider starting Pilates in 2023.

Strengthen Your Powerhouse: Pilates trains the core (your "powerhouse"). A stronger core leads to better posture, a leaner looking stomach, and reduced back pain.

Reduce Back Pain: A strong core equals a strong back. That's why those with chronic lower back pain who practiced Pilates for just four weeks experience more relief than those who visited a physician and other specialists.

Go Easy on Your Joints: Pilates' slow and controlled movements puts minimal impact on your joints.

Improve Your Focus: Pilates trains you to focus on 1) your breath, 2) your body, and 3) how they move together.

Dominate Your Sport: You physically cannot do correct lunges without strong abdominals.

Increased flexibility: When you're tight, you shorten your muscles and limit your body's range of motion.

Boost Brainpower: Researchers believe Pilates may even hold potential as a treatment for people with brain-degenerative diseases and cognitive dysfunctions. We feel smarter already!

Whatever reason you resonate with, there has never been a better time to get started with Pilates.

Sign up for a free class now!



Announcing
the new
Club Pilates
in The Arboretum!



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