

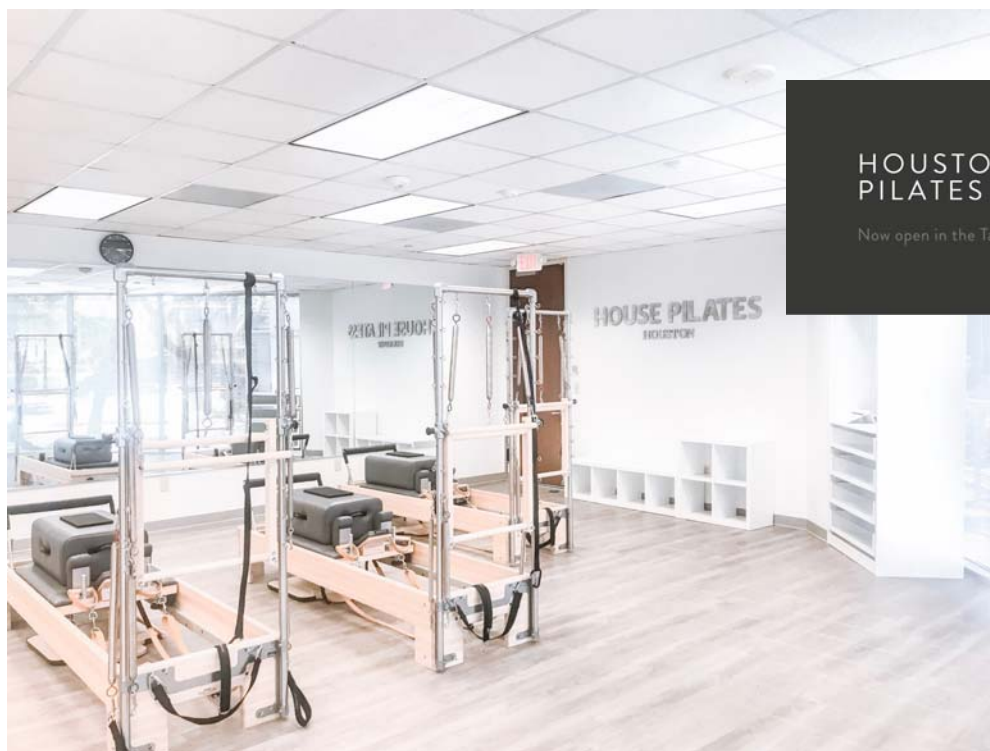


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## COVID-19 UPDATE

Beginning **May 2020** House Pilates Studio will **reopen in a limited capacity**.

We ask that you please come prepared with your own pair of ToeSox as they are required for in-person sessions.



**HOUSTON'S PRINCIPAL  
 PILATES STUDIO**  
 Now open in the Tanglewood area!

TO REGISTER, CLICK BELOW.

"EVERYONE IS THE ARCHITECT OF THEIR OWN HAPPINESS."

- Joseph H. Pilates

SCHEDULE INDIVIDUAL SESSION

SCHEDULE A CLASS



## Get Updates!

Type your email address in the box below to subscribe to the House Pilates Studio newsletter.

We respect your privacy, your personal information will not be released for any reason.



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## OUR MISSION

House Pilates is a luxury Pilates haven dedicated to the individual experience. We provide the utmost attention to you and your needs all the way through your individualized wellness journey.

## OUR METHOD

Our Classically based Pilates method was designed from founders Bailey Baldeschwiler and Ashley Kinnett's combined fifteen years of Pilates, fitness, and expertise working with the individual body.

House Pilates goal is to fulfill the needs of every client through its unique methods built to match the requirements of each person. Our studio allows you to receive the proper one-on-one attention ensuring access to every muscle, resulting in a long, lean, healthy body. Our expert instructors develop custom exercises and personalized sequences to accommodate and challenge each body: Progressions are given, modifications are made, movements are systematically broken down, built upon, and perfected.

Because we want clients to have the best experience possible, all instructors are handpicked and comprehensively certified with 500+ hours of teaching experience. Our practitioners' expertise spans many specialties, furthering our ability to care for a wide range of clients, whether you're interested in a

more classical approach to Pilates, or more contemporary conditioning. We create effective, specialized programs in the following areas: prenatal, postnatal, scoliosis, osteoporosis, post-surgical, post-injury, injury prevention, and sports specific conditioning.



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## VIRTUAL CLASSES

\$12 - Live Class Sessions (via Zoom)

## PRIVATESES

\$100 - *Single Private Session*

\$475 - *5 Private Sessions (\$95/ session)*

\$900 - *10 Private Sessions (\$90/ session)*

## DUOS

\$70 - *Single Duo Session*

\$335 - *5 Duo Sessions (\$67/ session)*

\$630 - *10 Duo Sessions (\$63/ session)*

## TRIOS

\$60 - *Single Trio Session*

## REFORMER CLASSES

\$42 - *Single Class*

\$200 - *5 Classes (\$40/ class)*

\$350 - *10 Classes (\$35/ class)*

*Please contact us directly to schedule private sessions. Please note all Private Sessions have a 24 hour cancellation policy and require payment in advance.*



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### Bailey Baldeschwiler - President & Founder

Bailey Fay Baldeschwiler, veteran Pilates Master Instructor, has been studying Pilates for over fifteen years and teaching in Houston since 2010. Bailey founded House Pilates, and along with her partner, handpicked and personally trained experts at House Pilates with the devotion to the clientele looking and feeling their best.

Bailey's passion for beauty, wellness and Pilates led her to the study and training of complementary bodywork modalities and methods. Her vision encompasses mindfulness, functional movement, healthy habits, and positive progressions.

Bailey is one of few Master Instructors in Texas, qualified to certify other instructors. She holds dozens of certifications including 5000+ hour Pilates Master Instructor Classical Certification, Pre and Post Natal, Protocols of Osteoporosis, Muscle Imbalance Assessment and Correction, Nutrition, Gait Analysis, Ballet Barre, Ariel Pilates and TRX. Bailey has extensive training and clinical experience in injury rehabilitation and prevention, scoliosis correction, myofascial meridians, spinal manipulation, and sports conditioning. She is passionate about working with people throughout all stages of life customizing personalized workout routines that focus on core strength, stretch, stamina, stability and muscle sequencing patterns.

Formulated through a science based education and extensive experience, Bailey founded the House Pilates Method, a highly personalized and effective approach to Pilates. Bailey is known for her sincere devotion to the individual needs of each and every client she sees. She has worked with athletes, dancers, and celebrities, as well as those young and old, injured and healthy. Having studied under many different Pilates methods allows her to share her extensive knowledge, unique style and coaching abilities. Bailey is thrilled to be a part of the body-changing and lifestyle choices of her clients at House Pilates.



### Ashley Kinnett - Partner & Founder

Ashley Kinnett, co-founder of House Pilates, has been practicing Pilates for over twenty years and teaching in Houston for over five. Ashley's goal in her practice and instruction is to keep her clients looking and feeling their best through the mind body method and Pilates principles.

Ashley's vision encompasses mindful movement and healthy habits for all her clients. Her passion for movement and wellness led her to the study of the Pilates method. She enjoys both contemporary and classical Pilates approaches and often combines both practices to better meet the needs of her clients.

Ashley holds several certifications including 500+ hours of Pilates mat, barre and apparatus training. She has worked extensively with clients in injury rehabilitation and prevention, sports conditioning and is passionate about working with women during their pre and postnatal periods. Ashley is conscience and loyal to the individual needs of all her clients and is able to accommodate every age, fitness goal and condition.

Ashley strives to be part of the body-changing fitness and lifestyle choices of her clients at House Pilates.



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HOME EXPERIENCE SERVICES FOUNDER/INSTRUCTORS SCHEDULE CONTACT LOCATIONS

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To register, you must choose a virtual class at least 1 hour prior to the class start time. After booking, you will be sent an appointment invitation to your class. Follow the URL link listed under “where” in your email inbox. Look for details under class descriptions for props needed prior to signing up.

To access Zoom:

- Navigate to the Zoom website here: [www.zoom.us](http://www.zoom.us)
- Register for a free account
- Once you sign up for a class you will receive a class appointment link to your HOUSE PILATES account email
- Press “Join a Meeting” to participate in your class!

If you have no or limited knowledge of Pilates, we strongly recommend that you begin your training with a private session before signing up for a group class.

## REFORMER CLASS

House Pilates Reformer classes focus on classical form with a contemporary flare. Be prepared for various props like hand weights, bands and balls and techniques such as the jump board and essential mat work on the Tower to enhance your experience. All of our classes are designed to emphasize breath, core conditioning, and full body awareness to strengthen and stretch while stabilizing, lengthening and toning the body. Classes promote balance, control and alignment while providing a complete body workout!

## CLASS PAYMENT AND CANCELLATION TERMS

In order to make a reservation for a class you must first purchase in advance. All classes require a reservation at least 2 hours prior to class time. Cancellations must be made by 8:00 PM local time the day before reserved class. If your class is cancelled in a timely manner, it will be returned to your Package and maybe used at a future date subject to the expiration terms. If you have not cancelled your class following the guideline set forth above, your class will be charged and deducted from your Package, even if you do not attend the class.

## PURCHASING CLASSES

\*To purchase a single class, select the day and time below. To purchase a series of classes, click on “**View Products/Packages**” link below.\*

Returning? [Log in](#)

[View Products/Packages »](#)

### 1 Choose Appointment

TIME		CLASS
<b>Thursday, June 18, 2020</b> TOMORROW		
4:30pm	Sign up 9 spots left	<b>VIRTUAL CLASSES: Virtual Pilates mat with Ashley</b> Class Schedule
Prop - hand weights and ball		

### 2 Your Information

### 3 Confirmation



Having trouble with the scheduler? [Try the direct link!](#)



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[« Back to Appointments](#)

[View cart \(\\$21.65\) »](#)

## GIFT CERTIFICATE

### GIFT CERTIFICATE - 1 Private Session

\$100.00

[Add to Cart](#)

### GIFT CERTIFICATE - 30 Minute Private Session

\$50.00

Add to Cart

### GIFT CERTIFICATE - Studio Class

\$42.00

Add to Cart

## GROUP REFORMER CLASS

### Buy One Get One Free Class (NEW CLIENTS ONLY)

\$42.00

Add to Cart

### Single Class

\$42.00

Add to Cart

### 5 Class Package

\$200.00

Add to Cart

### 10 Class Package

\$350.00

Add to Cart

## PRIVATE SESSIONS WITH ASHLEY

### Duo - 1 Session

\$70.00

Add to Cart

### Duo - 10 Sessions

\$630.00

Add to Cart

### Duo - 5 Sessions

\$335.00

Add to Cart

### Private - 10 Sessions

\$900.00

Add to Cart

### Private - 5 Sessions

\$475.00

Add to Cart

### Private -1 Session

\$100.00

Add to Cart

### Quad - 1 Session

\$42.00

Add to Cart

### Trio - Private Session

\$60.00

Add to Cart

### Private Session - 30 mins

\$50.00

Add to Cart

### FaceTime Private Session

\$50.00

Add to Cart

## PRIVATE SESSIONS WITH BAILEY

### Onsite Pilates Session

\$100.00

[Add to Cart](#)

### Travel Fee

\$50.00

[Add to Cart](#)

### Private -1 Session

\$100.00

[Add to Cart](#)

### Private - 5 Sessions

\$475.00

[Add to Cart](#)

### Private - 10 Sessions

\$900.00

[Add to Cart](#)

### Duo - 1 Session

\$70.00

[Add to Cart](#)

### Duo - 5 Sessions

\$335.00

[Add to Cart](#)

### Duo - 10 Sessions

\$630.00

[Add to Cart](#)

### Trio - Private Session

\$60.00

Add to Cart

### Quad - 1 Session

\$42.00

Add to Cart

### FaceTime Private Session

\$50.00

Add to Cart

### Private Session - 30 mins

\$50.00

Add to Cart

## RETAIL

### Bella + Canvas Crop Boxy Tank

\$21.65

Add to Cart

### Bella + Canvas Cropped Hoodie

\$54.12

Add to Cart

### Bella + Canvas Scoop Muscle Tank

\$23.82

Add to Cart

Scoop Muscle Tank

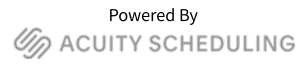
## VIRTUAL CLASS

### Virtual Online Class

\$12.00

Add to Cart

Add to Cart



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Checkout Confirmation

[← Back](#)

First Name \*

Last Name \*

Phone \*

Your E-Mail Address \*

Notes to Business (your address or any special notes about your order)

Item	Quantity	Total
Bella + Canvas Crop Boxy Tank	<input type="text" value="1"/>	\$21.65
Single Class	<input type="text" value="1"/>	\$42.00

Total: \$63.65

Coupon:

Private Individual/Duo/Trio Payment and Cancellation Terms

In order to make a reservation for an Individual, Duo or Trio Session you must first purchase a Package. All session cancellations must be made by 24 hours prior to scheduled session time. If your session is cancelled in a timely manner, it will be returned to your Package and maybe used at a future date. If you have not cancelled your session following the guideline set forth above, your session will be charged and deducted from your Package, even if you do not attend the session.

For online purchases, we accept American Express, MasterCard, Visa, and Discover (although we reserve the right to change what digital payments we accept from time-to-time, at our sole discretion). Your credit/debit card will be charged when you purchase a Package. Once a Package is purchased, the purchase is final and non-refundable. We will not process Package purchases that use an incorrect, expired or over-the-limit card. Package prices are subject to change at our sole discretion, but any increase will not apply to a Package that has already been purchased. If you fail to pay any charges when due, services or privileges may be suspended or terminated. You are responsible and liable for fees, including attorney's fees and collection costs, that we may incur in our efforts to collect any unpaid balances from you.

#### Class Payment and Cancellation Terms

In order to make a reservation for a class you must first purchase a Package. All classes require a reservation at least 2 hours prior to class time. Cancellations must be made by 8:00 PM local time the day before reserved class. If your class is cancelled in a timely manner, it will be returned to your Package and maybe used at a future date subject to the expiration terms. If you have not cancelled your class following the guideline set forth above, your class will be charged and deducted from your Package, even if you do not attend the class.

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Pay Now and Complete Order

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## CONTACT

Please contact us directly to schedule private sessions or with any questions or concerns you might have.

**E:** [Contact@HousePilatesStudio.com](mailto:Contact@HousePilatesStudio.com)

**P:** 713.714.8465

**Careers:** [contact@housepilatesstudio.com](mailto:contact@housepilatesstudio.com)

Name \*

First Name

Last Name

Phone \*

(###)

###

####

Email

Subject \*

Message \*

SUBMIT



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# HOUSTON

## TANGLEWOOD

House Pilates is located in Houston, Texas. However, we plan to expand. Let us know if you'd like to see us in your area. Sign up for our newsletter for updates!

675 BERING DRIVE,  
 SUITE 120  
 HOUSTON, TEXAS 77057



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