



House Pilates Studio
@HOUSEPILATESSTUDIO

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COVID-19 Up... Photo/Video Tag Friends

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House Pilates Studio
June 7 at 1:02 PM

At House Pilates Studio we provide the utmost attention to you and your needs all the way through your individualized wellness journey. Schedule your session today! #housepilatesstudio #houstonspilates #classicalpilates #pilatesinstructor #houstonspilatesstudio #pilateslovers



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House Pilates Studio
June 3 at 3:05 PM

Concentration promotes the mind-body connection. House Pilates focuses on mindful movement which allows clients to receive optimal physical value from each movement as well as enhance body awareness.

#housepilatesstudio #pilates #pilatesinstructor #houstonspilates... See More



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(713) 714-8465

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www.housepilatesstudio.com

Product/Service - Pilates Studio

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Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.

Page created - September 4, 2019

Team Members

Bailey Baldeschwiler

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Posts



House Pilates Studio

May 25 at 10:13 AM

Wishing you all a blessed Memorial Day! In honor of all the veterans as well as the active service members. We thank you for all you do! ❤️💙
#memorialday #housepilates #houstonpilates #pilateshouston #privatepilates #classicalpilates @shopdyi



9

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House Pilates Studio

May 21 at 1:25 PM

Reformers have been properly spaced and are waiting for you! Group classes are on Saturdays only. Schedule is now posted so sign-up today!
#housepilates #houstonpilates #pilateshouston #safepilates #pilateslovers #pilateslife #classicalpilates #individualpilates #houstonfitness #houstonlife





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House Pilates Studio is at House Pilates Studio.

May 14 at 7:02 PM Houston

We are ready for you! So excited for the studio reopening on May 18th! Privates by appointment only. Limited classes available on our schedule to sign-up, link in bio. Swipe right for more info on studio protocols to stay safe + healthy. We can't wait to see you in the studio again soon! @ House Pilates Studio



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House Pilates Studio

May 4

We are now offering hand sanitizer for sale! It smells AAAAMAZING, has the cutest glass bottle packaging and is made here in Houston! Small bottles \$10, large bottles \$24. DM for details! @maison_blanche_design "When your hands are boujee too and the average sanitizer won't do..." #housepilates #customhandsanitizer #shoplocal #supportsmallbusiness #houstonpilates #pilateshouston #houstonfitness #houstonlife







3

1 Comment

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Most Relevant ▾

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 **Natalie Carlson** Thanks for the love!! ❤️❤️❤️
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 **House Pilates Studio**
March 31 · 🌐

MARCH 31st - The Push Up
#housepilates #marchmatness2020 #houstonspilates #pilateshouston
#pilatesinstructor #contrology #houstonfitness #pilates #houstonfitfam



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 **House Pilates Studio**
March 30 · 🌐

MARCH 30th - The Control Balance.
#housepilates #marchmatness #classicalpilates #houstonspilates
#houstonfitness #contrology #pilatesinstructor #pilatesstudio #pilateshouston
#houstonhealth



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Most Relevant ▾
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Most Relevant is selected, so some comments may have been filtered out.

 **House Pilates Studio**
March 29 · 🌐

MARCH 29th - Rocking
#housepilates #marchmatness2020 #houstonspilates #pilateshouston
#pilatesinstructor #classicalpilates #houstonfitness #houstonfitfam
#contrology



6

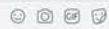
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House Pilates Studio

March 28

MARCH 28th - Seal and Crab 🦀

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#classicalpilates #contrology #powerhouse #houstonfitness #houstonfitfam
#houstonhealth



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House Pilates Studio

March 27

MARCH 27th - The Boomerang

#housepilates #marchmatness2020 #pilates #houstonpilates
#pilateshouston #contrology #pilatesinstructor #houstonfitness
#houstonfitfam #classicalpilates



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House Pilates Studio

March 26

MARCH 28th - The Side Bend.

#housepilates #marchmatness #pilatesbody #pilates #classicalpilates #contrology #pilateslovers #pilateslife #houstonspilates #pilateshouston #houstonsfitness #houstonsfitfam #houstonshealth



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House Pilates Studio
March 25

MARCH 25 - The Side Kick Kneeling

#housepilates #marchmatness2020 #houstonspilates #pilateshouston #houstonsfitness #pilatesinstructor #classicalpilates #pilates #contrology



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House Pilates Studio
March 24

MARCH 24th - Leg Pull Front Support. #housepilates #marchmatness #houstonspilates #pilateshouston #classicalpilates #contrology #pilateslovers #pilateslife #pilatesbody #matpilates #houstonsfitness #houstonsfitfam #houstonshealth





6

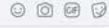
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House Pilates Studio is at House Pilates Studio.



March 23 · Houston · 🌐

We are virtual! Get your Pilates workout in from the comfort of your home! Download the zoom app and swipe for more details. Please let us know if we can with the virtual setup!? So excited to see you on the mat!

#housepilates #pilateshouston #virtualpilates #houstonpilates #pilatesanywhere #pilatesanytime # @ House Pilates Studio

LIVE ZOOM CLASSES \$12



WE ARE GOING VIRTUAL!

LIVE ZOOM CLASSES
HOW TO REGISTER
Must choose virtual class at least 10 minutes prior to class start time. After booking, you will be sent a Zoom invitation to your email. Follow the URL link listed under "where" in your email inbox. Look for details under class descriptions for prices provided prior to class.

HOW TO ACCESS ZOOM
Go to <https://zoom.us>

- Register for a free account.
- Once you sign up for a class, you will receive a class meeting ID & password via email in your HOUSE PILATES account email.
- Press "Join a Meeting"

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House Pilates Studio
March 23 · 🌐

MARCH 23rd - Swimming

#housepilates #marchmatness2020 #houstonpilates #pilateshouston #houstonfitness #houstonfitfam #classicalpilates #pilatesinstructor



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House Pilates Studio
March 22 · 🌐

MARCH 22nd - Hip Twist.

#housepilates #houstonpilates #pilatesinstructor #pilateshouston #marchmatness #contrology #classicalpilates #pilateslovers #pilateslife #houstonfitness #houstonfitfam #houstonhealth



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House Pilates Studio
March 21

MARCH 21st - The Teaser

#housepilates #marchmatness2020 #pilatesinstructor #houstonspilates
#pilateshouston #contrology #houstonsfitness #houstonsfitfam
#classicalpilates



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House Pilates Studio
March 20

MARCH 20th - The Side Kick.

#housepilates #houstonspilates #marchmatness #pilateshouston #contrology
#classicalpilates #pilateslife #pilateslovers #pilatesbody #houstonsfitness
#houstonsfitfam #houstonshealth



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House Pilates Studio
March 19

MARCH 19th - The Jack-Knife

#housepilates #marchmatness2020 #pilatesinstructor #houstonspilates
#pilateshouston #contrology #classicalpilates #houstonsfitness
#houstonsfitfam





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House Pilates Studio

March 18

MARCH 18th - Twist.

#pilates #housepilates #houstonspilates #pilateshouston #marchmatness #pilatescommunity #pilateslife #pilateslovers #classicalpilates #contrology



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House Pilates Studio

March 17

MARCH 17th - The Shoulder Bridge

#housepilates #marchmatness2020 #houstonsfitness #classicalpilates #pilatesinstructor #houstonsfitfam #pilateshouston #houstonspilates



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House Pilates Studio

March 16

UPDATE: GROUP CLASSES SUSPENDED 3/17- 3/31 This was a tough decision to make but our community's health and safety is our #1 priority. We will continue to teach private sessions as it is a safe environment to monitor social distancing and the proper disinfecting procedures. We understand this is a trying time for everyone. As we work together through this pandemic please know we are deeply appreciative of your help and

We present photos from the on-site appreciation of your program understanding in keeping everyone in the HOUSE PILATES community safe and healthy. If you have any questions or concerns, please feel free to contact us at contact@housepilatesstudio.com. We love you all and will see you again in the studio soon! Stay tuned for news about online classes and sessions! 🍷🍷❤️

Bailey & Ashley



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House Pilates Studio

March 16 · 🌐

MARCH 16th - The Scissors

#housepilates #marchmatness2020 #pilatesinstructor #houstonpilates #pilateshouston #contrology #houstonfitness #classicalpilates #houstonfitfam



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House Pilates Studio

March 15 · 🌐

MARCH 15th - The Neck Pull...

#pilates #pilatesinstructor #marchmatness #pilatescommunity #pilateslife #pilateslovers #houstonpilates #pilateshouston #houstonfitness #houstonfitfam #houstonhealth





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House Pilates Studio

March 14

MARCH 14th - The Double Kick

#housepilates #marchmatness2020 #houstonspilates #pilateshouston #contrology #houstonfitness #pilatesinstructor #classicalpilates #houstonfitfam



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House Pilates Studio

March 13

MARCH 13th - The One Leg Kick

#housepilates #marchmatness #houstonspilates #pilateshouston #pilatesinstructor #pilateslife #pilatescommunity #powerhouse #contrology #pilateslovers #houstonfitness #houstonfit #houstonfitfam #houstonhealth



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House Pilates Studio

March 12

MARCH 12th - The Swan-Dive

#marchmatness2020 #housepilates #pilateshouston #houstonspilates #pilatesinstructor #contrology #houstonfitness #houstonfitfam #classicalpilates





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House Pilates Studio

March 11

MARCH 11th - The Saw

#housepilates #marchmatress #houstonpilates #pilateshouston #pilatescommunity #pilateslovers #pilateslife #pilatesbody #contrology #classicalpilates #houston #houstonfitness #houstonfit #houstonpilatesinstructor #houstonhealth



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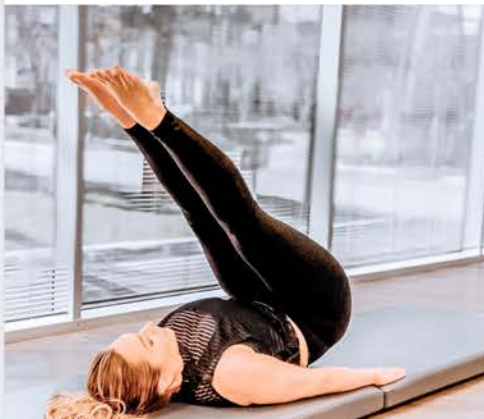
House Pilates Studio

March 10

MARCH 10th - The Cork-Screw

This exercise strengthens neck and shoulders and is an internal and spinal massage.

#housepilates #houstonpilates #pilateshouston #pilatesinstructor #pilatesinstructor #pilateslovers #pilateslife #marchmatress2020 #pilatesbody #contrology #classicalpilates #houstonfitness #houstonfitfam #pilates





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House Pilates Studio

March 9

MARCH 9TH - Rocker With Open Legs.



#housepilates #houstonpilates #pilateshouston #classicalpilates #contrology #pilatescommunity #pilateslife #pilateslifestyle #pilateslovers #pilatesbody #houstonfit #houstonfitness #houstonhealth #houstonlifestyle



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House Pilates Studio
March 8 · 🌐

MARCH 8th - The Spine Stretch



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House Pilates Studio
March 7 · 🌐

MARCH 7th - The Double Leg Stretch 🌟

#housepilates #marchmatness #pilatesinstructor #pilateslovers #pilateslife #pilatescommunity #powerhouse #contrology #classicalpilates #houstonpilates #houstonfitness #houstonfitfam #houston #houstonhealth #houstonlifestyle #pilateshouston



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House Pilates Studio
March 6

MARCH 6th - The One Leg Stretch.

#marchmatness2020 #houstonspilates #pilateshouston #housepilates #pilatesinstructor #pilatescommunity #pilateslife #contrology #houstonsfitness #houstonhealth #houstonlife



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House Pilates Studio
March 5

MARCH 5th - Rolling Back.

#marchmatness2020 #housepilates #pilates #houstonspilates #classicalpilates #pilatescommunity #contrology #pilatesinstructor #pilateslife #pilateslovers #pilatesbody #pilateshouston #houstonsfitness #houstonhealth #houstonlife



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House Pilates Studio
March 3

MARCH 3rd - The Roll - Over.

#marchmatness2020 #housepilates #pilates #pilatesinstructor #pilatescommunity #pilateslife #pilateslovers #pilatesbody #houstonspilates #pilateshouston #classicalpilates #contrology #houstonsfitness #houstonfitfam #houstonhealth #houstonlife @pilatesbailey



👍👍👍 9

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House Pilates Studio
March 2 · 🌐

March 2nd - The Roll Up: This exercise strengthens the abdominal muscles while restoring the spine to normal. #marchmatness2020

#housepilates #houstonpilates #pilateshouston #classicalpilates #pilatescommunity #contrology #pilateslife #pilateslovers #houstonfitness #houstonfitfam #houstonhealth #houstonlifestyle @benjamindegenhardt



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House Pilates Studio
March 1 · 🌐

House Pilates is excited to participate in March MATness this year!!! Each day this month we join the Pilates community and will be posting one of Joseph Pilates' traditional exercises inspired by "Return to Life through Contrology."

MARCH 1st - The Hundreds. 🏆

#housepilates #houstonpilates #pilatesstudio #pilatescommunity #pilateslife #pilateslovers #pilatesbody #pilateslifestyle #contrology #classicalpilates #pilateshouston #houstonfitness #houstonlife #lifestylehouston #marchmatness2020 @benjamindegenhardt





2

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House Pilates Studio
February 27 · 🌐

Did you know the Cadillac was initially used therapeutically?! Over time springs, wooden bars and the hanging trapeze were added to challenge even the most fit! The entire body is tested as it works against the various spring tensions and positions the Cadillac provides. This apparatus is typically reserved for private lessons so book your session today!

#housepilates #houstonpilates #pilatesinstructor #pilateshouston #classicalpilates #pilatescommunity #pilateslovers #pilateslife #contrology #pilatesstudio #houstonfitness #houstonlife #houstonhealth #houstonfit @balanced_body



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House Pilates Studio
February 25 · 🌐

At House Pilates we often use Footwork to warm up, align and center the body while strengthening the core and establishing rhythmic breathing. The Footwork series stimulates organs through reflexology points; toes correlate with the heart and lungs, arches with the digestive organs, and heels simulate the kidneys. We pay attention to what the body does during footwork to plan the entire session format based on an individuals needs.

#housepilates #houstonpilates #pilates #pilateslovers #pilatesbody #classicalpilates #contrology #reformerpilates #pilateshouston #houstonfitness #houstonstretching #happyife #houstonlifestyle @balanced_body



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House Pilates Studio

February 22 · 🌐

The Pilates Ladder Barrel was created for people with specific maladies. We use the Ladder Barrel exercises for increasing clients flexibility while stretching and strengthening the center.

#housepilates #houstonpilates #pilates #pilatesinstructor #pilatesbody #pilateslovers #pilatescommunity #classicalpilates #contrology #houstonfitness #healthyhouston #houstonlifestyle



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House Pilates Studio

February 17 · 🌐

At House Pilates we look at various factors such as strength, flexibility, postural habits and injuries which can restrict an individual's spinal movement. Our instructors are trained to help clients fully utilize the potential range in each segment of the spine symmetrically as the movement, stability and alignment of spine are an essential focus in Pilates.

#pilates #houstonpilates #pilateshouston #classicalpilates #cadillacpilates #pilateslife #pilateslovers #pilatesbody #houstonfitness #houstonlifestyle #houstonfitfam



👍❤️ 9

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House Pilates Studio

February 1 · 🌐

Chair workouts focus on upper and lower body strength and conditioning, enhance stability, balance and body control. At House Pilates we have all the classical Pilates apparatuses and we constantly incorporate them into our workouts to keep our clients progressing.

minutes to keep our clients progressing.

#housepilates #houstonpilates #pilatesreformer #pilatesstudio
#houstonfitness #classicalpilates #pilateshouston #houston #pilateschair



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House Pilates Studio
January 24

Over-active bulging muscles prevent us from the proper development of the smaller weaker ones. Joseph Pilates said "True flexibility can be achieved only when all muscles are uniformly developed." House Pilates practices correct moment each time you exercise to the development of strong - flexible muscles with proper uniformity.

#pilates #housepilates #houstonpilates #classicalpilates #pilatescadillac
#pilateslovers #pilatesbody #pilatescommunity #houstonfitness
#houstonlifestyle #pilateshouston #healthylifestyle



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House Pilates Studio
January 16

New House Pilates merchandise has arrived !!! Get yours before it sells out! DM for more dets! #housepilates #pilateshouston #pilatesinstructor
#pilates #pilateslovers #houstonpilates #houstonfitness #pilatescommunity
#shoplocal #houstonlifestyle #houstonhealth





2

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Most Relevant ▾



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Jenni Hudson Melton Are you a pilates instructor now? 🤔
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House Pilates Studio
November 8, 2019 · 🌐

Our custom CenterLine reformers are based on measurements used on the original components of Joseph Pilates original design. This enables practitioners to attain flowing movement and the right tempo and rhythm to promote better breathing and coordination as well as feel the profound changes of natural, unified and full-body movement that the traditional approach provides. #housepilates

#houstonpilates #pilates #classicalpilates #houstonpilatesinstructor #househaven #houstonfitness #houstonlifestyle #pilatesreformer #centerline #contrology



👍 3

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House Pilates Studio
October 28, 2019 · 🌐

Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit. 🧡 Come join us and see what all the hype is about!!! Link in bio.

#houstonpilates #pilateshouston #houstonpilatesinstructor #pilates #pilatesreformer #houstonfitness #pilatesbody #contrology #powerhouse #houstonlifestyle #privatepilates #happyhealthy #lifestyle



👍❤️ 8

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House Pilates Studio updated their cover photo.
October 18, 2019 · 🌐





3 1 Comment

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Most Relevant

Write a comment...

Stephanie R. *your space looks great ladies!*
Reply · 34w

House Pilates Studio is at House Pilates Studio.
October 18, 2019 · Houston · 🌐

We are officially open for business 🎉🎉🎉!!! Classes start next week so follow the link in our profile to register! We are so thrilled to finally be open for business and thank you to all our loyal clients who have been so amazing in our transition into our own studio!!! @ashkinnett @baileyfypilates #seeyouonthereformer #houstonspilates #housepilates #pilates #houstonspilatesstudios #classicalpilateshouston #houstonspilatesinstructor #houstonspilates #pilatesinstructor #pilatesreformer #classicalpilates #pilatescommunity #happyhealthylifestyle @ House Pilates Studio



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House Pilates Studio
October 1, 2019 · 🌐



House Pilates Studio updated their website address. [Learn More](#)

1

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House Pilates Studio updated their cover photo.
October 1, 2019 · 🌐





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House Pilates Studio updated their profile picture.

September 6, 2019

...



2

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Chat (24)