

Equipment.  
Education.  
All things Pilates.

# ALL THINGS PILATES

---

The most exciting thing I have witnessed in Pilates over the last few years is the breaking down of silos that have long been part of the industry. Instructors everywhere are exploring different facets of the method. They are following their curiosity and love of Pilates and discovering new mentors and new tools. They are delving into the history of Pilates and embracing the richness it lends to our understanding of the method.

I have been lucky enough to talk to thousands of teachers over the last 45 years as Balanced Body has supported Pilates studios popping up around the world. For a long time, instructors with very different opinions of what Pilates is, and what it could be, would just give each other space. In this new world of Pilates, I'm continually impressed by how teachers now see this diversity of opinions as an opportunity. It is a tribute to the richness and depth of the practice that Joseph Pilates created. No instructor has, and likely never will, found a limit to the breadth or the depth of the Pilates method.

This phase of collaboration and learning marks a new beginning. One characterized by continued exploration of the Pilates method and how it applies to our bodies. It is fueled by the fact that more people in the world today recognize the potential of Pilates than there are qualified instructors to work with them. It is built by and comprised of passionate, caring people stitched together by a shared desire to improve the lives of those around them. I could not be more proud to be a part of this community.



**Ken Endelman**

Founder, CEO • Balanced Body



Ken Endelman (center) with his sons Adam (left), Paul (right), and wife Roz (center)





---

## TABLE OF CONTENT

---

<b>2</b> Life in Balance	<b>60</b> Class Spotlight: Group Reforming!
<b>12</b> Movement Equipment	<b>70</b> Konnnecting into the Future!
<b>20</b> IC Rapoport: A Look Back in Time	<b>74</b> Training Tools
<b>22</b> Pilates Equipment	<b>84</b> The Rise of Pilates in Poland
<b>54</b> Expand Your Equipment	<b>86</b> Balanced Body Education®
<b>56</b> Customize Your Equipment	<b>95</b> Shipping / Returns / Warranties
<b>58</b> Refresh your Studio	<b>96</b> Contrology® Suite



Karine on the CoreAlign® at Purely Pilates Studio

“I enjoy traveling to far away locations with *different people and cultures*. As I’ve matured, my strength has decreased as well as my balance and ability to walk for long periods. I found Purely Pilates Studio and Kelly Sassman, Jen Del La Vega and Ali Koett. Training with these *certified instructors* on Balanced Body’s premium equipment is important. *I felt results quickly* and know Pilates has enabled me to keep traveling.”

*Karine Lyon*

93 AND AVID WORLD TRAVELER





*“I was looking to  
continue exploring  
in my senior  
years. Pilates  
increased my  
mobility, strength,  
and balance. All  
essential to keep  
me going on my  
cherished travels!”*





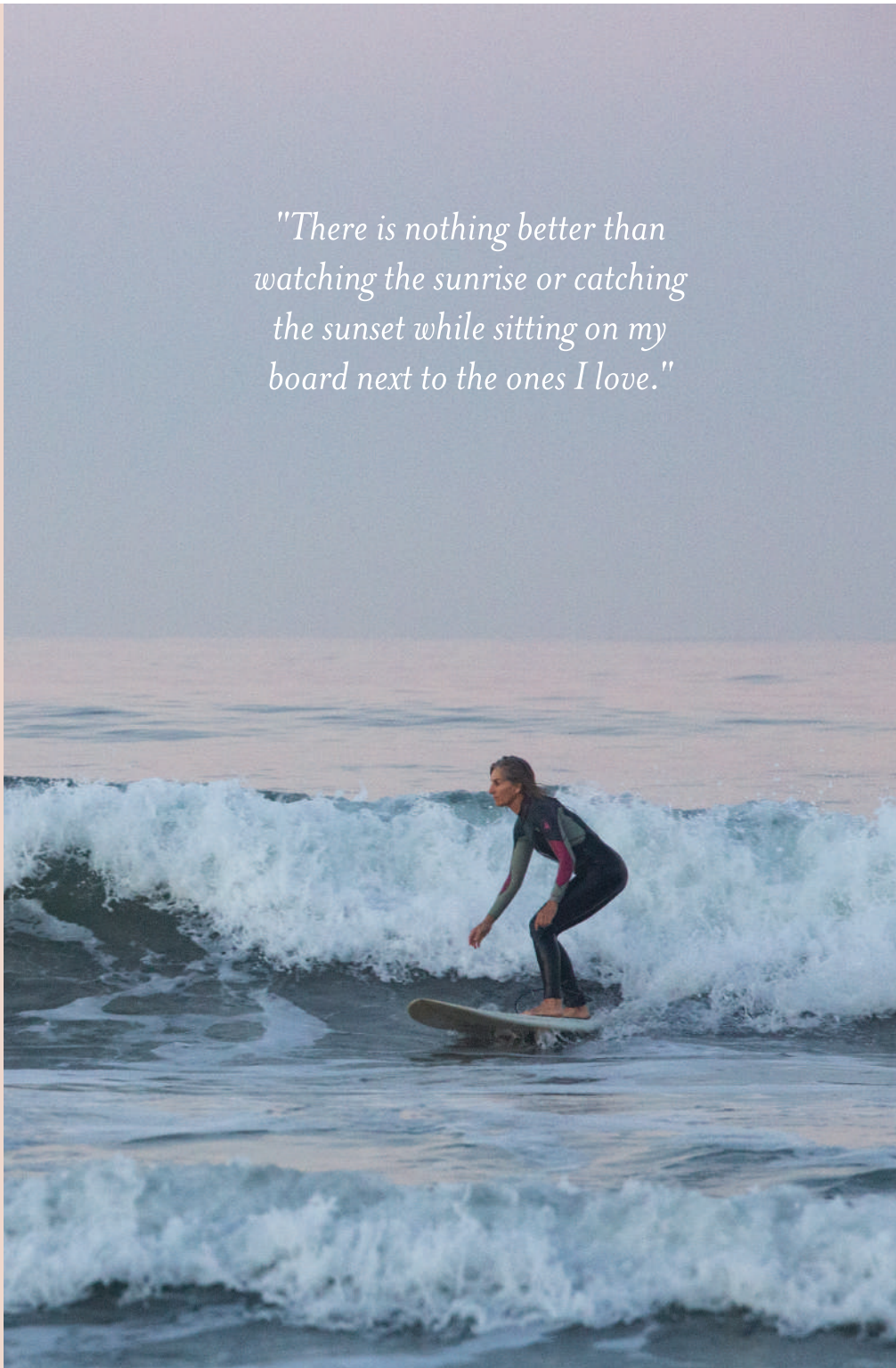
Lizbeth in the surf and on the Cadillac

"*I found surfing in my teens* & it's a lifestyle that I share with my family. Pilates made me a stronger surfer by increasing **stamina and strength**. While surfing, I'm concentrating on my core, which helps support my back & shoulder muscles as I paddle. Reaching the **momentum of the wave**, I've got seconds to press into push-up position & quickly pull my legs underneath my body to land on my feet."

*Lizbeth Garcia*

OWNER, TILCIA PILATES STUDIO, SAN DIEGO, CA

*"There is nothing better than  
watching the sunrise or catching  
the sunset while sitting on my  
board next to the ones I love."*



..... Pacific Beach, San Diego .....





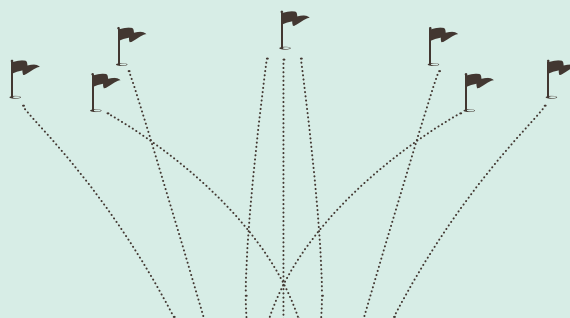
Annika on the Allegro® Reformer and on the course

“During my time on the LPGA, my strength training focused on my upper body, trunk and thighs, to **build power in my swing** and increase distance. Separately, I focused on the mental aspect of the game. Discovering Pilates, and specifically the Reformer, has shown me how I can gain both **mental and physical benefits** in my workout. Pilates and the golf specific exercises are really effective. After only few months, I can already see the results.”

*Annika Sörenstam*

WORLD GOLF HALL OF FAMER, BUSINESS WOMAN AND PHILANTHROPIST

*“I discovered Pilates during a tournament in Tahoe.  
I can already see how the core work and specific exercises  
that mimic a golfer’s swing have improved my game.”*





Blake on the Allegro® Stretch Reformer with Tower

"Inspired by a friend's incredible season after starting Pilates, I sought guidance from certified instructor Nicky Lal. ***Integrating Pilates*** into my regimen notably amped up my ***strength, flexibility, and core control***. Specific muscle groups like my hamstrings received targeted attention. Moreover, the accelerated recovery time has proven pivotal in sustaining performance during our ***demanding season***."

*Blake Rutherford*

MLB PROFESSIONAL BASEBALL PLAYER



*"Playing baseball professionally is an exhilarating blend of passion, precision, and the electrifying rush of competing at the highest level."*





..... Sam training at Midtown Sacramento Club Pilates .....

“By day, I’m a marketing executive which requires me to stay *sharp, creative, and high energy* in networking events. I help companies grow, women entrepreneurs and local non-profits. Running and yoga have been my go-to outlets to keep stress low and stay fit. Last year, my body craved change. *That’s when I found Pilates*. The method is *transformative* and the results are real. I’m stronger and more balanced than 10 years ago.”

.....

*Samantha Contreras*

MARKETING EXECUTIVE, SACRAMENTO, CA



*“I began doing Pilates over a year ago and just hit class #300 this morning! It is a game changer for me in both my business and my passion for running.”*



M

T

W

TH

F







# Movement Equipment

Energize workouts with innovative training tools that will keep you and your clients moving!



## MOTR®

Personal workout system offers resistance training, core strengthening, balance, agility and myofascial release.



\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



## INCLUDED

- ✓ Detachable Resistance Arm with 2 variable resistance modules offering 3 resistance levels
- ✓ 2 Stability Wedges hold MOTR in position during exercise
- ✓ Integrated Carrying Strap and Hand Straps
- ✓ Self-Contained Roller Tube with Locking Lid
- ✓ Flashcards with exercises
- ✓ Free streaming MOTR video workouts

## FEATURES

- ✓ Create full-body workouts using different resistance levels
- ✓ Components conveniently store inside the 43" (109cm) roller
- ✓ Easy transport and storage
- ✓ Detachable variable resistance arm for targeted upper body and lower body exercise
- ✓ Warm up and finish off with myofascial release on outer padded roller

## ACCESSORIES

- ✓ MOTR Grip Cover offers a "grippy" surface while you're exercising
- ✓ Mini-Mat for floor exercises
- ✓ Additional streaming MOTR video workouts (purchase required)
- ✓ MOTR® Home
  - Safe and secure storage for up to six MOTRs. Heavy-duty casters make it easy to move and store

"This little system is fantastic. You can do many exercises with it. It's easy to use and has great resistance settings".

Product	Part #
MOTR*	10060
MOTR Grip Cover	17242
MOTR & MOTR Grip Cover	17633
MOTR Home	12469
1-year Limited Warranty* / 30-day money back guarantee	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*



Shown: MOTR with MOTR Grip Cover



## Bodhi Suspension System®

The world's first 4-point suspension system for fitness, Bodhi Suspension System offers fully suspended progressive workouts with strength, flexibility, balance and proprioceptive challenges.



\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

## INCLUDED

- ✓ 2 High-density Abrasion Resistant Ropes (for ceilings up to 8.25ft (2.25m))
- ✓ 2 Easy Grip Handles and 2 Padded Double Loops for upper and lower body suspension
- ✓ 4 Pre-attached accessory lanyards (to connect loops/handles to main Bodhi rope)
- ✓ Bodhi Tote Bag to pack, carry and store
- ✓ Flashcards with exercises and workouts

## FEATURES

- ✓ Loops and handles secure hands and feet in suspended state
  - ✓ Created to complement Pilates, Bodhi uses posture, alignment, breathing and core control in full-body workouts
- 
- ✓ 2 independent ropes, creating 4 suspension points
  - ✓ Intensity of movement is controlled by user's bodyweight
  - ✓ Anchoring solutions available for wall and ceiling
  - ✓ Fast, easy and safe adjustment system

## ACCESSORIES

- ✓ Ceiling Anchor
- ✓ Rope Extenders (for ceilings over 8.25ft (2.25m))

"It is simple to set up, use, and is a perfect complement to the other Pilates work. I absolutely love it!".

Product	Part #
Bodhi system, grey ropes	12425
Bodhi system, green ropes	12424
1-year Limited Warranty / 30-day money back guarantee	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*







## CoreAlign®

Developed for rehab, general fitness, and sport-specific training, CoreAlign® provides mind-body movement, functional exercise, full-body conditioning and neuromuscular retraining.



\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

## INCLUDED

- ✓ Solid wood standing platform and base
- ✓ Long frame for up to 41" (104cm) of quiet cart travel
- ✓ Non-slip and no-skid surfaces
- ✓ Each cart uses 6 resistance tubes:  
2 each light, medium and heavy
- ✓ 2 cart stopper blocks, 2 speed bumps
- ✓ 2 straps with padded handles
- ✓ 3 foam pads for extra comfort during exercises

## FEATURES

- ✓ CoreAlign's rolling carts move independently, with resistance and assistance in two directions
- ✓ Facilitates functional exercise to improve gait, balance, core strength and neuromuscular retraining
- ✓ Soft cart bumpers provide smooth glide while in motion
- ✓ Easily adjust resistance for 200+ exercises
- ✓ Specially designed resistance bands last longer
- ✓ Offers standing and prone exercise options

## OPTIONS

- ✓ Freestanding Ladder
- ✓ Wall-Mount Ladder
- ✓ CoreAlign Rotator Discs and Pads

"I love to use my CoreAlign together with other Balanced Body equipment. Definitely a way to challenge my full body".

Product	Part #
CoreAlign	12477
Wall Mount Ladder	12476
Freestanding Ladder	12473
CoreAlign with Wall-mounted Ladder	12635
CoreAlign with Freestanding Ladder	12636
5-year Limited Warranty	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*



---

## IC RAPOPORT: A LOOK BACK IN TIME

Photojournalist IC “Chuck” Rapoport is the only person with a complete set of photos of Joseph Pilates in his New York studio. Chuck’s career has spanned decades and includes portraits and photos of many well-known figures. Here is a look back at some of his best work with Joe and other notable figures.

[icrapoport.com](http://icrapoport.com)

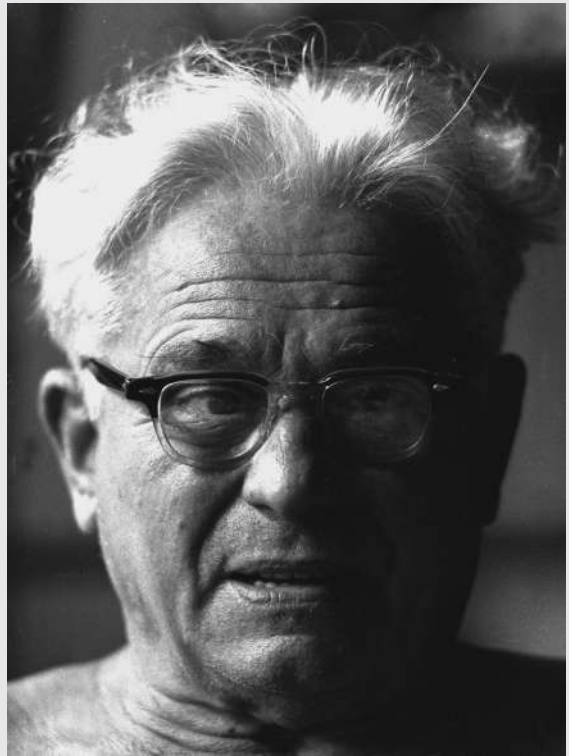
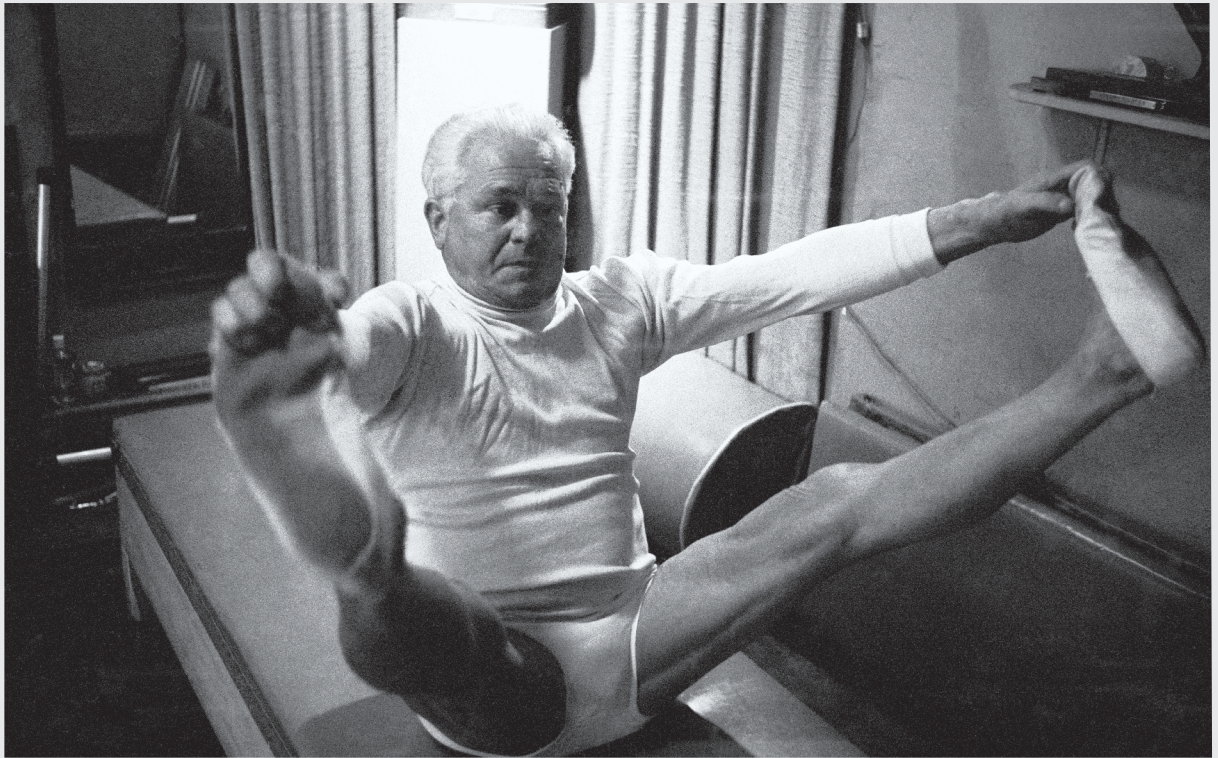


Photo for a Sports Illustrated article about Joe, used alongside their headline “...Be like an animal...”



I always call this photo “Angel” because of the “halo” seen above the head of the client, a ballerina. The halo is really just Joe’s ashtray in the background.





Joe Pilates performing an open legged rocker.



Marilyn Monroe, surrounded by news people and fans, exits Columbia Presbyterian Hospital in Manhattan NY March 1961.



JFK photographed at White Sands Proving Grounds, NM, 1963.







# Pilates Equipment

Field tested for over 45 years, our equipment delivers unparalleled workouts that engage your body and mind for maximum results.



# Finding the Reformer for You

Each Balanced Body Reformer offers unique features, distinctive design, and unparalleled performance for a premium Pilates experience. All backed by the industry's best customer service and warranties. Choose the Reformer that best meets your needs.

Scan for Pricing  
and Details



## Studio Reformer®



- ✓ #1 Choice of Pilates Pros
- ✓ Maximum adjustability with footbar and springbar design
- ✓ Handcrafted from durable solid Rock Maple

Learn more on p. 30

## Allegro® 2 Reformer



- ✓ Stunning combination of design and performance
- ✓ Easy-to-adjust for beginners, innovative features for experienced movers
- ✓ Super smooth transitions

Learn more on p. 26

## Allegro® Reformer

---



- ✓ Quick and easy setup
- ✓ Integrated transport wheels for portability and vertical storage
- ✓ Proven ideal for group Reformer classes and high traffic facilities
- ✓ Fits a wide range of body types

[Learn more on p. 28](#)

## Rialto® Reformer

---



- ✓ Innovative, durable frame of maple and powder-coated aluminum, with plush over-molded padding on carriage, shoulder rests and head rest
- ✓ Includes Sitting Box Lite and Footstrap

[Learn more on p. 34](#)

## Metro IQ® Reformer

---



- ✓ Designed specifically for home use
- ✓ Telescoping frame and choice of transport wheels allows for vertical storage or horizontal under a bed

[Learn more on p. 36](#)



## Allegro® 2 Reformer

Beautifully designed, the Allegro® 2 Reformer offers smooth transitions, seamless flow, easy adjustments and maximum comfort. Perfect for use in studio and at home.



↑ Upholstery: Storm

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



## INCLUDED

- ✓ 5 Signature Springs (3 red, 1 blue, 1 yellow) with Spring Collars
- ✓ 3-position headrest and integrated seamless carriage surface
- ✓ SoftTouch® Rope System for instant accurate transitions with no clips or cleats
- ✓ Powder-coated aluminum frame
- ✓ Innovative and efficient rope retraction system
- ✓ Built-in, maple standing platform, pre-configured to accept padded foot plate
- ✓ Ergonomically-correct risers remove easily
- ✓ Choose between Carbon Fiber Footbar or Steel Footbar

## FEATURES

- ✓ EasySet™ Footbar with smooth, grippy surface for hands and feet
- ✓ Adjust ropes quickly and easily even while lying on carriage
- ✓ Smooth, quiet ride on our precision carriage system
- ✓ Footbar adjusts vertically (4 positions including down)
- ✓ Footbar slides horizontally to 9 positions
- ✓ Easy to move and store on end (with optional wheel kit)
- ✓ Standard/low frame height with option to add legs
- ✓ CE-approved medical device

## ACCESSORIES

- ✓ Sitting Boxes
- ✓ Padded adjustable footstrap
- ✓ Leg and Post Kit
- ✓ Padded Jumpboard
- ✓ Cardio Cloud
- ✓ Standing Platform Extender (see p. 72)
- ✓ Transport Wheel Kit
- ✓ Plank Bars
- ✓ Start with the Reformer, then add legs, accessories and a Tower (see p. 64)

"Love my Balanced Body Allegro® 2 Reformer. It is the most aesthetically attractive Reformer out there and flows beautifully".

Product	Part #
Allegro 2 (Carbon Fiber Footbar)	17820
Allegro 2 (Steel Footbar)	18180
Allegro 2 with Legs (Carbon Fiber Footbar)	17817
Allegro 2 with Legs (Steel Footbar)	18178
10-year Limited Warranty 30-day money back guarantee	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*



Shown: Allegro® 2 Reformer with Plank Bars



## Allegro® Reformer

With 25+ years of proven performance and reliability, the Allegro® is the most widely used Reformer. Over 50,000 in service worldwide.



↑ Upholstery: Black

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

## INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 yellow)
- ✓ At 36" (91cm) wide, the Allegro footbar is among the widest available and features 4 secure locked positions
- ✓ Standard frame height, or add legs to raise to 14" (36cm) high
- ✓ SoftTouch™ ropes and loops are comfortable, lightweight and quiet
- ✓ Adjustable, removable TwistLock shoulder rests
- ✓ Footbar Lockout Knobs allow easy horizontal adjustments
- ✓ Integrated transport wheels
- ✓ Standing Platform Pad

## FEATURES

- ✓ Proven durable and versatile, ideal for group Reformer classes as well as personal home training
- ✓ Smooth, quiet ride provided by precision carriage system
- ✓ Custom stability padding for increased comfort on the carriage
- ✓ Stores vertically, with or without legs
- ✓ Fits all body shapes and sizes
- ✓ Easy to set-up, move and store
- ✓ CE-approved medical device

## ACCESSORIES

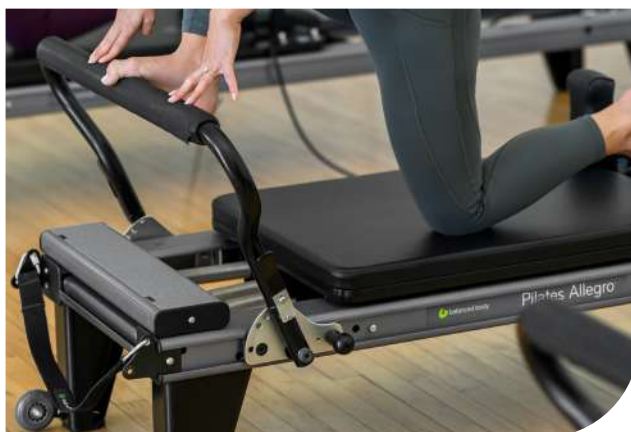
- ✓ Sitting Box
- ✓ Footstrap (included when Sitting Box is purchased with Reformer)
- ✓ Allegro 14" Leg Retrofit Kit
- ✓ Allegro Jumpboard
- ✓ Jumpus Maximus
- ✓ Cardio Cloud
- ✓ Wall Security Strap
- ✓ Add-a-Platform™
- ✓ Start with the Reformer, add legs, accessories and a Tower (see p.64)
- ✓ Standing Platform Extender (see p.72)

"I love my Allegro® Reformer! It is so versatile and offers me the opportunity to get a full-body workout on my own time, in the convenience of my own home".

Product	Part #
Allegro, Standard	12315
Allegro, with Legs	12511
Allegro, Stretch	12322
Allegro, Stretch with Legs	12513
Limited Lifetime Warranty / 30-day money back guarantee (excluding freight)	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*







## Studio Reformer®

Our Studio Reformer® is strong, durable and a timeless beauty. Fully adjustable and incredibly comfortable, it feels like an extension of your body.



↑ Upholstery: Black | Wood: Solid Strata Rock Maple

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



## INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Choice of adjustable footbar and springbar systems:
  - XSR Footbar® and choice of Springbars
  - Revo Footbar® and Revo™ Springbar
  - Classic Footbar/No-Roll Springbar
  - Infinity Footbar® and choice of Springbars
- ✓ TwistLock™ removable shoulder rests
- ✓ Sitting Box
- ✓ Footstrap

## FEATURES

- ✓ Longest standard carriage ride in the industry at 41" (104cm)
- ✓ Smooth, quiet ride provided by precision carriage system
- ✓ Gorgeous solid Strata Maple frame (see p. 57 for other wood choices)
- ✓ Precise, non-slip adjustments with ropes, cleats, and cotton loops
- ✓ CE-approved medical device
- ✓ Pair of padded handles

## ACCESSORIES

- ✓ Jumpboard
- ✓ Cardio Cloud
- ✓ Large Upholstered Wedge
- ✓ Detachable Jumpboard Rotator Discs
- ✓ Studio Reformer Add-A-Platform™
- ✓ Standing Platform Extender (see p.72)
- ✓ Start with the Reformer, add accessories and a Tower (see p.64)

"This is a beautiful reformer. Very solid and sturdy. Easy to set up. Low maintenance. Fantastic to work out on".

Product	Part #
With Classic Footbar/ No-Roll Springbar	12168
With Revo Footbar® / Revo Springbar™	11931
With XSR Footbar® / Revo Springbar™	16737
With Infinity Footbar® / Revo Springbar™	12000C
Limited Lifetime Warranty	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*





## Clinical Reformer®

We worked with rehab professionals to make the Clinical Reformer® a versatile and effective treatment tool. It is now the gold standard among clinicians worldwide.



↑ Upholstery: Black

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.





## INCLUDED

- ✓ Signature Springs: 1 green, 3 red, 1 blue, 1 yellow
- ✓ Choice of frame height: 14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Revo Springbar and Infinity Footbar with 5 vertical and 32 locking positions and metal retractable risers
- ✓ TwistLock™ removable shoulder rests
- ✓ Built-in standing platform and separate Standing Platform Extender
- ✓ Standard Sitting Box and Padded Jumpboard
- ✓ Padded Double Loops and Foot Strap; padded handles; adjustable thigh and ankle cuffs
- ✓ Factory pre-drilled for Tower and Proprioception T-Bar

## FEATURES

- ✓ Innovative design and features for physical therapy and rehab
- ✓ Footbar adjusts the length of the frame
- ✓ Safe and comfortable for all body sizes
- ✓ Infinity footbar has convenient levers for efficient and secure adjustment
- ✓ Adjusts to ergonomically correct position for all users
- ✓ Quietest, safest and longest (41" (104cm) carriage ride with our precision carriage system
- ✓ Select Strata® Woods

## ACCESSORIES

- ✓ Proprioception T-Bar
- ✓ Cardio Cloud
- ✓ Face Rest Mount
- ✓ Jumpus Maximus
- ✓ Wedge
- ✓ Start with the Reformer, add accessories and Tower with Mat Conversion (see p. 64)

"I use the Clinical Reformer® in my kinesiology clinic and I LOVE it. All of my clients with a wide variety of capacities use it. It is versatile, beautiful, smooth, and endlessly adaptable".

Product	Part #
Clinical Reformer	12244
Stock height: 24"(61cm). Also available in 18"(46cm) and 14"(36cm) frame heights at no extra charge. Limited Lifetime Warranty. Approved medical device (Class 1)	



FREE STREAMING AT  
[video.pilates.com\\*](https://video.pilates.com)





## Rialto® Reformer

Quality Craftsmanship. Innovative Design.  
Powerful Performance.



↑ Upholstery: Black only | Wood: Solid Maple

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

## INCLUDED

- ✓ 5 Signature Springs™ (3 red, 1 blue, 1 green)
- ✓ Handcrafted solid Maple frame with extruded aluminum legs
- ✓ Medium density over-molded padding on carriage, head rest and shoulder rests (Black only)
- ✓ 5-position footbar with 1-step vertical adjustments
- ✓ Sitting Box Lite and footstrap add prone, torso and stretching exercises
- ✓ Standard 14" (36cm) frame height only

## FEATURES

- ✓ Innovative over-molded padding cushions that supports user during exercise
- ✓ Balanced Body's hallmark quiet carriage ride
- ✓ Quick-adjustment ropes and cleats after positioned
- ✓ Shoulder rests have 3 positions: normal, wide and removable
- ✓ Contemporary design combines maple and aluminum in unique look for studio or home

## ACCESSORIES

- ✓ Jumpboard
  - For jumping and cardio exercises
  - Recreates bio-mechanically accurate standing position while lying on Reformer
- ✓ Standing Platform Extender (see p. 72)
- ✓ Plank Bars
  - Discover new options for exercises like Push-ups and Tendon Stretch
  - Great for exercises that require supporting yourself with your arms
- ✓ Start with the Reformer, add accessories and a Tower (see p. 64)

"The Rialto® is such a well made and beautiful reformer!  
Easy to assemble, comfortable to use, with a carriage that  
glides beautifully and quietly. I couldn't be happier!"

Product	Part #
Rialto Reformer	16088
Rialto Jumpboard	16563
Rialto Plank Bars	16458
10-year Limited Warranty	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*



Shown: Rialto® Reformer with Plank Bars





## Metro IQ® Reformer

Our only Reformer designed specifically for the home, the Metro IQ® features Balanced Body Signature Springs™ and components, enabling you to do your Reformer work where you choose!



↑ Padding: Black only

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

## INCLUDED

- ✓ Upholstered black carriage pad
- ✓ 5 Balanced Body Signature Springs (3 red, 1 blue, 1 yellow)
- ✓ Enhanced telescoping frame locking system
- ✓ Removable 2-position shoulder rests store under carriage
- ✓ Easy to use, padded, 4-position footbar provides 9" (23cm) of adjustment
- ✓ 3-position headrest for comfort and cervical support
- ✓ Built-in 5.5" (14cm) wide non-skid standing platform
- ✓ Available in Black only

## FEATURES

- ✓ Patented seamless telescoping frame with no frame joints for a smooth carriage ride
  - ✓ "Telescoping" frame lengthens (98", 249cm) for use, shortens (62", 157cm) for storage
  - ✓ Safe and comfortable for all size bodies
  - ✓ Choice of transport wheels:
    - Wheelbarrow: transport wheels for easy flat/under bed storage
    - Library - transport wheels for easy upright/in-closet storage
- 
- ✓ SoftTouch™ Rope System with no metal for a quieter experience

## ACCESSORIES & OPTIONS

- ✓ Sitting Boxes
- ✓ Jumpboard
- ✓ Footstrap
- ✓ Cardio Cloud
- ✓ Standing Platform Pad

"This is a space saving piece of equipment that performs just like it's full sized counterpart. It feels substantial and, with accessories , offers the full Pilates experience".

Product	Part #
Metro IQ with Library Wheels	17860
Metro IQ with Wheelbarrow Wheels	17861
2-year Limited Warranty for non-commercial use. 30-day money-back guarantee	



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*





---

## STUDIO QUALITY WITH HOME COMFORT

Whether it's a corner or a room, fill your workout space with equipment that supports your exercise program and helps you achieve your fitness goals.







Shown: Ultra-Fit Circle®

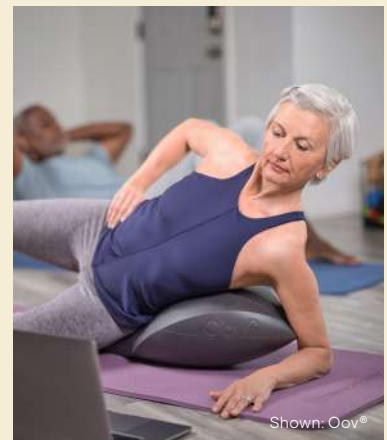
"Keep your mind active and your body moving with effective, engaging training equipment".  
#MovementChangesLives



Shown: Foot Corrector



Shown: EXO® Chair



Shown: Oov®

Scan for Pricing  
and Details



# Ron Fletcher™ Reformer

Great for Fletcher Pilates® studios, teaching centers and for use at home.



↑ Upholstery: Black | Wood: Solid Strata Rock Maple

## INCLUDED

- ✓ 4 Signature Springs: all red
- ✓ Fletcher 14" (36cm) frame height
- ✓ Strata Rock Maple frame with choice of standard or custom upholstery
- ✓ No-Roll Springbar with 2 "gear" positions for resistance changes
- ✓ Built-in standing platform with non-slip surface for safety
- ✓ Standard Sitting Box
- ✓ Cotton footstrap, 25.5" (65cm)
- ✓ Pair of wool fuzzies
- ✓ Extender straps and extender stopper

## FEATURES

- ✓ Design based on plans given to Pilates elder Ron Fletcher by Clara Pilates
- ✓ Footbar is 2" (5cm) diameter, with 3 unlocked positions for smooth transitions
- ✓ Slightly narrower than our Studio Reformer

Product	Part #
Ron Fletcher Reformer	12260C
Limited Lifetime Warranty	

# CenterLine® Reformer

Designed in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center.



↑ Upholstery: Black | Wood: Solid Strata Rock Maple

## INCLUDED

- ✓ Strata® Rock Maple frame with 14" (36cm) height
- ✓ 4 unplated green springs
- ✓ Gondola Pole and short box dowel
- ✓ Kneeling Pads (2)
- ✓ CenterLine Sitting Box with handles on 3 sides
- ✓ Extender straps, for exercises like Long Spine

## FEATURES

- ✓ Carriage ride with deliberate resistance, feedback and "end feel"
- ✓ A quiet ride, so user can focus on the work
- ✓ Comfortable, stable shoulder blocks provide secure support

Product	Part #
CenterLine Reformer	12263
Complete CenterLine System	12267C
Jumpboard	12088
Limited Lifetime Warranty	

## ACCESSORIES

- ✓ Gondola Pole brackets
- ✓ Centerline Tower & Mat Retrofit Kit
- ✓ Jumpboard

# Reformer Trapeze Combination™ (RTC)

Perfect for Reformer and Trapeze work in a limited space, the RTC blends our Studio Reformer with our Trapeze Table in one versatile apparatus.

 FREE STREAMING AT  
[video.pilates.com\\*](https://video.pilates.com)



## INCLUDED

- ✓ 12 Signature Trapeze Springs™  
Regular: 2 each yellow, blue, red and black. Long: 2 yellow and 2 purple
- ✓ 5 Reformer Signature Springs:  
1 green, 3 red, 1 blue
- ✓ Trapeze Bar with padded spring sleeves, cotton canopy loops (long web, black) and soft lambswool fuzzies
- ✓ 1 pair each: cotton loops, adjustable thigh cuffs and adjustable ankle cuffs
- ✓ Twin mat conversion also acts as floor mat station
- ✓ Anodized aluminum Push-Through Bar with slider system adjusts to 3 heights
- ✓ Safety strap and carabiner
- ✓ Standard Sitting Box
- ✓ Padded Footstrap

## FEATURES

- ✓ Choose frame height to best meet your ergonomic needs:  
14" (36cm), 18" (46cm), 24" (61cm)
- ✓ Stainless steel canopy with smooth-sliding horizontal and vertical crossbars
- ✓ Retractable metal risers adjust up to 9" (23cm), allowing for quick mat conversion; risers lock into 4 positions
- ✓ Plastic-tipped butterfly locking knobs on slider bars do not scratch canopy tubing
- ✓ Maple roll-down bar (23"/58cm) with inside hooks
- ✓ CE-approved medical device

## OPTIONS & UPGRADES

- ✓ Most options and upgrades for the Trapeze Table and Studio Reformer are available for the RTC
- ✓ Choice of frame wood:  
Strata® Rock Maple, Strata® Artisan Maple, or Select Strata® Woods

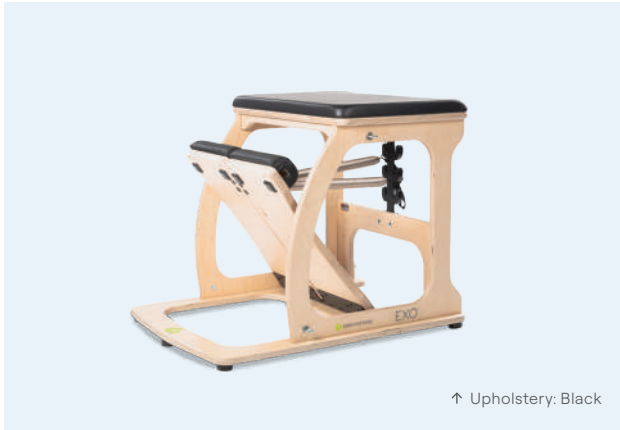
Product	Part #
With Revo Footbar® / Revo Springbar™	15279
Limited Lifetime Warranty	

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



# EXO® Chair

Lightweight and extremely sturdy, the EXO® Chair offers an array of exercise and resistance options. EXO workouts enhance stability, balance, strength and are perfect for individual and group training!



↑ Upholstery: Black



## INCLUDED

- ✓ 2 black (heavy) springs
- ✓ Pre-installed eye bolt attachment points (6) for easy Functional Resistance Kit upgrade
- ✓ Widest range of resistance for any single-pedal chair up to 83lb (38kg)
- ✓ Cactus 2.0 spring attachment system is quiet and extends life of springs

Product	Part #
EXO Chair with split pedal	12458
EXO Chair with single pedal	12456
EXO Functional Resistance Kit, Light	12609
EXO Functional Resistance Kit, Heavy	12610
5-year Limited Warranty	

## FEATURES

- ✓ Lightweight and extremely sturdy
- ✓ Wide range of resistance choices with 2 springs, up to 14 different resistances, and 8 positions
- ✓ No assembly required
- ✓ Split pedal comes with a dowel to convert to a single pedal
- ✓ Convenient spring changes from front or back
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 Resistance System
- ✓ Effective and challenging athletic training tool for all fitness levels

## OPTIONS & UPGRADES

- ✓ EXO Functional Resistance Kit enables you to push and pull for a full-body resistance-based workout
- ✓ Insider Tip: Best-selling EXO Chair with split pedal adds reciprocal and rotational movement to exercise options
- ✓ Sitting Box Riser (placed next to EXO Chair increases usable exercise area) (see p.68)



FREE STREAMING AT  
[video.pilates.com\\*](https://video.pilates.com)

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.

# CenterLine® Chair

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center, the CenterLine® Chair is based on the smaller measurements used in original Pilates equipment.



## INCLUDED

- ✓ 2 black (heavy) springs, adjustable to 20 settings
- ✓ Center-positioned Cactus 2.0 centers strength in the body, engaging the core while exercising

Product	Part #
CenterLine Chair	12460
5-year Limited Warranty	

## FEATURES

- ✓ Lightweight for transport and storage
- ✓ No assembly required
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system
- ✓ Small footprint and single pedal design provides authentic experience
- ✓ Narrow seat width at 21.5" (55cm) facilitates exercises like Horseback and Spine Stretch



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*

# Combo Chair

Designed for functional workouts combining strength, coordination and balance, our Combo Chair is the strongest and most stable chair on the market.



↑ Upholstery: Black



## INCLUDED

- ✓ Each pedal has 1 white (light) and 1 black (heavy) spring, totaling 4 springs and up to 110lb (50kg) of resistance
- ✓ Spring changes are quiet, easy and safe with Cactus 2.0 spring attachment system
- ✓ Made of sturdy maple-faced hardwood laminate
- ✓ Integrated transport wheels for easy moving

Product	Part #
Combo Chair with handles	12324
Combo Chair with back	12530
10-year Limited Warranty	

## FEATURES

- ✓ Wood dowel converts split pedal to single pedal
- ✓ Padded split pedal (conceived by Brent Anderson, PhD, PT) adds rotational and reciprocal movements
- ✓ Easy to move with transport wheels
- ✓ No assembly required
- ✓ Height is ideal for use with our Trapeze Table
- ✓ Solid stable removable handles have 4 locking positions
- ✓ Pedal covers are comfort-padded, non-slip and easy to clean

## OPTIONS

- ✓ Removable High Back System includes upholstered cushion
- ✓ Sitting Box Riser (placed next to Combo Chair increases usable exercise area) (see p.68)



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



# Wunda® Chair

Classic in design, our Wunda Chair is easy-to-use, sturdy and expandable. Offers widest range of resistance for a single pedal chair, up to 83lb (38kg).



↑ Upholstery: Black



## INCLUDED

- ✓ Padded, non-slip, easy-to-clean step
- ✓ Secure cut-out hand holds
- ✓ 2 springs (black/heavy)



Shown: Wunda® Chair with padded pedal stopper

## FEATURES

- ✓ Designed to convert to everyday sitting chair (using optional cushions), just as Joe intended
- ✓ Black (heavy) springs are adjustable to 8 resistance levels
- ✓ Spring changes are easy, safe and quiet with Cactus 2.0 spring attachment system

## OPTIONS

- ✓ Secure removable handles have 4 locking positions
- ✓ Removable High Back System
- ✓ Removable padded pedal stopper
- ✓ 2 sitting chair cushions

Product	Part #
Wunda Chair	11996
Wunda Chair with back	12528
10-year Limited Warranty	



FREE STREAMING AT  
[video.pilates.com\\*](https://video.pilates.com)

# Trapeze Table (Cadillac)

The Trapeze Table supports fitness and rehabilitation for all ages and abilities – from gentle, spring-assisted sit-ups to advanced acrobatics.

## INCLUDED

- ✓ 12 Signature Springs with snap hooks. Regular: 2 yellow, 2 blue, 2 red, 2 black. Long: 2 yellow, 2 purple
- ✓ Standard 24" (61cm) frame height
- ✓ Anodized aluminum Push-Through-Bar with slider system adjusts to 3 heights
- ✓ Horizontal & Vertical Slider Bars
- ✓ Cotton Canopy Loops with Soft Lambswool Fuzzies
- ✓ Belly strap for positioning
- ✓ Safety strap & carabiner
- ✓ Solid Maple Roll-Down Bar with inside hooks
- ✓ Padded Trapeze Bar with padded spring sleeves
- ✓ Cotton Loops, adjustable thigh cuffs & adjustable ankle cuffs (1 pair ea)



\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



## ACCESSORIES & OPTIONS

- ✓ Several Roll-Down Bar Options
- ✓ 4-sided connector bar and 4-sided maple Push-Through Bar
- ✓ Optional frame heights of 14" (36cm) and 18" (46cm)
- ✓ Padded Foot Stopper
- ✓ Stability Sling
- ✓ Upholstered Wedge
- ✓ Sitting Box Riser, tall (placed next to Trap Table for extended exercise area)
- ✓ Face Rest
- ✓ Optional extender shelf with cushion must be ordered at time of purchase

## FEATURES

- ✓ Engineered for maximum stability, easy adjustment, and safety
- ✓ Hardwood core base hand-built with lapped and fitted joints
- ✓ Wider & longer for most body types
- ✓ Stainless steel canopy
- ✓ CE-approved medical device



↑ Upholstery: Black

Product	Part #
Trapeze Table (Cadillac)	15278
Limited Lifetime Warranty on Frame only 30-day money-back guarantee	



FREE STREAMING AT  
[video.pilates.com\\*](https://video.pilates.com)



# Pilates Springboard™

Designed by Ellie Herman, this timeless and versatile system offers a wide range of exercises in a small space at an affordable price.



## INCLUDED

- ✓ 4 Signature Springs™ with snaps. Regular: 2 yellow. Long: 2 purple
- ✓ Maple faced high-quality laminate
- ✓ Easy-to-follow engraved measurements
- ✓ 22 spring attachment points
- ✓ Solid Maple Roll-down Bar, 2 Cotton Loops and padded handles
- ✓ Handcrafted solid Maple dowel footbar
- ✓ Hardware for attaching Springboard to wood wall studs with standard 16" (41cm) spacing

## OPTION

- ✓ Optional Push-Through-Bar for more Trapeze Table exercise options



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*

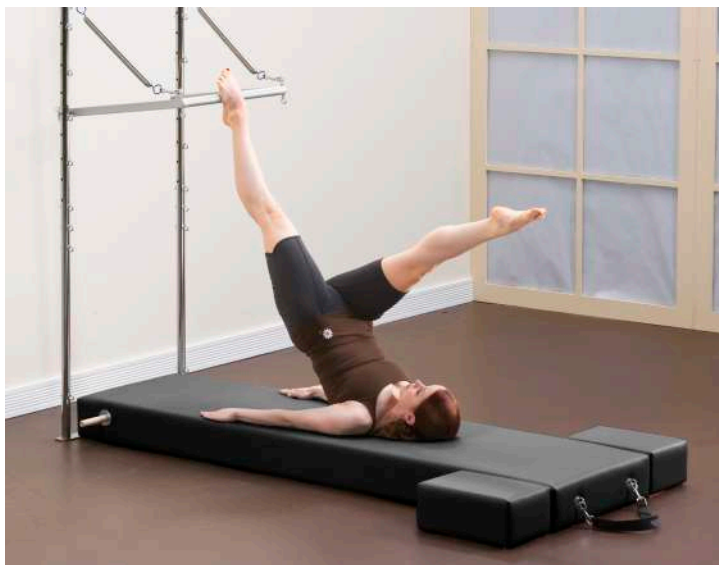
Product	Part #
Pilates Springboard	12405
Pilates Springboard and Push-Through Bar with blue springs	12648
Pilates Springboard and Push-Through Bar with red springs	12649
Push-Through-Bar Kit for Springboard with blue springs	12650
Push-Through-Bar Kit for Springboard with red springs	12651
Springboard: 10-year Limited Warranty	

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



# Wall Tower.

Efficient. Effective. Space Saving. Affordable.



## INCLUDED

- ✓ 8 Signature Springs with snaps.  
Regular: 2 yellow and 2 blue.  
Long: 2 yellow and 2 purple
- ✓ 23 spring attachment points
- ✓ Maple Roll-down Bar, Pair of Cotton Loops

## ACCESSORIES

- ✓ Upholstered mat with dowel handles
- ✓ Cotton footstrap
- ✓ Padded, upholstered Moon Boxes
- ✓ Order Mat and 2 Moon Boxes

## FEATURES

- ✓ Stainless steel frame is easy to maintain, resistant to chipping
- ✓ 3-sided anodized aluminum Push-Through Bar
- ✓ Slider Push-Through Bar adjusts to 8 vertical positions to use with foam mat, raised mat and all Reformer heights
- ✓ Trapeze Table functionality in a compact space
- ✓ Must mount to both wall and floor. Installation hardware not included

15272

# Ped-o-Pull

A simple yet versatile tool for helping develop core strength, posture and balance.

## INCLUDES

- ✓ 2 Signature Springs (yellow, regular length) and neoprene handles
- ✓ Pair of padded handles
- ✓ Wall brackets (2) stabilize the unit 6" (15cm) from wall
- ✓ Maple-faced hardwood laminate base is 1.5" (4cm) thick in Square and Kidney-shaped designs

## FEATURES

- ✓ Simple wall attachment system secures unit for users of all abilities
- ✓ Choose square or kidney-shaped base

Square Base, 12347  
Kidney-Shape Base, 12348  
10-year Limited Warranty



## Step Barrels

Also known as the Spine Corrector, this versatile tool is a foundational element in most studios.



SEE MORE BARRELS  
[pilates.com](https://pilates.com)

### Contour Step Barrel™

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable with springs for resistance exercises. Comes with dowel and cut-out hand holds.

12454



### East Coast Step Barrel

Gentle arc radius and rounded step are more comfortable for less flexible and larger users. Upgradeable with springs for resistance exercises. Comes with integrated metal handles.

12351



### Clara Step Barrel® Lite

Namesake step barrel with design preferred by classically-trained teachers. Now available in same lightweight, high-density foam as our best-selling Pilates Arc. Stacks for easy storage.

16598

## Arcs

Arcs improve posture, build flexibility, and foster spinal alignment.



### Baby Arc, West Coast

Easy to move and store, Baby Arc, West Coast is a stackable arc with open sides. Padded and upholstered top over wood base.

12355



### Baby Arc, East Coast

With premium padded upholstery over wood base, Baby Arc, East Coast is a strong, comfortable exercise tool. Easy to carry and store.

12357



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



## Pilates Arc™

Our original patented design, the Pilates Arc functions as a spine corrector and training tool. It weighs less than 4lb (1.8kg) for easy transport and storage.

### INCLUDES

- ✓ High-density lightweight foam in 2 piece design that's easy to use, clean, move and store
- ✓ Flip instruction booklet included

### FEATURES

- ✓ Innovative asymmetrical design offers core, abdominal, lateral rotation and back extension work, for all body types
- ✓ Fits on all Balanced Body Reformers (except Contrology™)
- ✓ 2-piece design for expanded exercise options and space-saving storage
- ✓ Lightweight at 4lb (1.8kg) and easy to clean

10298  
1-year Warranty



## Ladder Barrel

Our proprietary adjustment system enables you to easily change the distance between ladder rungs and barrel. Press, slide, and release. This simple solution will change your Barrel exercises forever.



↑ Upholstery: Black

### INCLUDED

- ✓ 10 preset base adjustment positions
- ✓ Engraved indicators for each position
- ✓ Ergonomic, easy-grip handles
- ✓ "Padding zone" has double layer padding for comfort and support

### FEATURES

- ✓ Grab bar beneath the barrel increases flexibility
- ✓ Innovative adjustment system enhances and expands your exercise regimen
- ✓ Durable, reinforced frame of Rock Maple and Maple laminate, for increased stability

### ACCESSORIES & OPTIONS

- ✓ Options for elevated standing between the rails or against the uprights
- ✓ Vertical plate 23" x 7.25" (58cm x 18cm). Horizontal plate 23" x 12.5" (58cm x 32cm)

Product	Part #
Ladder Barrel	15266
Vertical and Horizontal Foot Plate	15189
Horizontal only Foot Plate	15170
Ladder Barrel: 5-year Limited Warranty	



FREE STREAMING AT  
**video.pilates.com\***

\*All equipment includes access to the free videos section on our streaming video platform. Paid monthly and annual subscriptions also available to access all content.



# CenterLine® Cadillac and Pole System

Created in collaboration with Amy Taylor Alpers and  
Rachel Taylor Segel of The Pilates Center in Boulder, Colorado.



↑ Upholstery: Black

## CenterLine® Cadillac

### INCLUDED

- ✓ 8 Signature Springs™: Regular- 1 red, 1 green, 2 blue, 2 gray. Long- 2 red
- ✓ Push-Through-Bar: Maple, 4-sided, with safety strap and carabiner
- ✓ Roll-Down Bar: Maple, non-swiveling with outside hooks
- ✓ Single D-Ring Cotton Loops (Pair)

### FEATURES

- ✓ Maximum stability, efficient adjustment and safe use
- ✓ Upper canopy tubes are 5.5" (14cm) closer to the base table than our Trapeze Table, for easier access to top canopy

15924C

Limited Lifetime Warranty



↑ Upholstery: Black

## CenterLine® Pole System

### INCLUDED

- ✓ Stainless steel tower with 23 spring attachment points
- ✓ 4-sided solid maple Push-Through-Bar
- ✓ Balanced Body Signature Springs™ with snap hooks. Regular length: 2 blue (light), 2 gray (light), 1 red (medium) and 1 green (heavy). Long Springs: 2 red (heavy).
- ✓ Solid maple Roll-down bar (23" long (58cm), non-swiveling with outside hooks.
- ✓ One pair cotton loops.

Product	Part #
CenterLine Pole System	15274C
CenterLine Pole System with Mat & Moon Boxes	15275C
10-year Limited Warranty	





# Expand Your Equipment

Our integrated Reformer systems offer unparalleled versatility in space-saving footprints.



# Customize your Equipment

Create the look you want with our natural woods and beautiful upholstery colors. Contact us for free color swatches.

Color availability subject to change without notice.

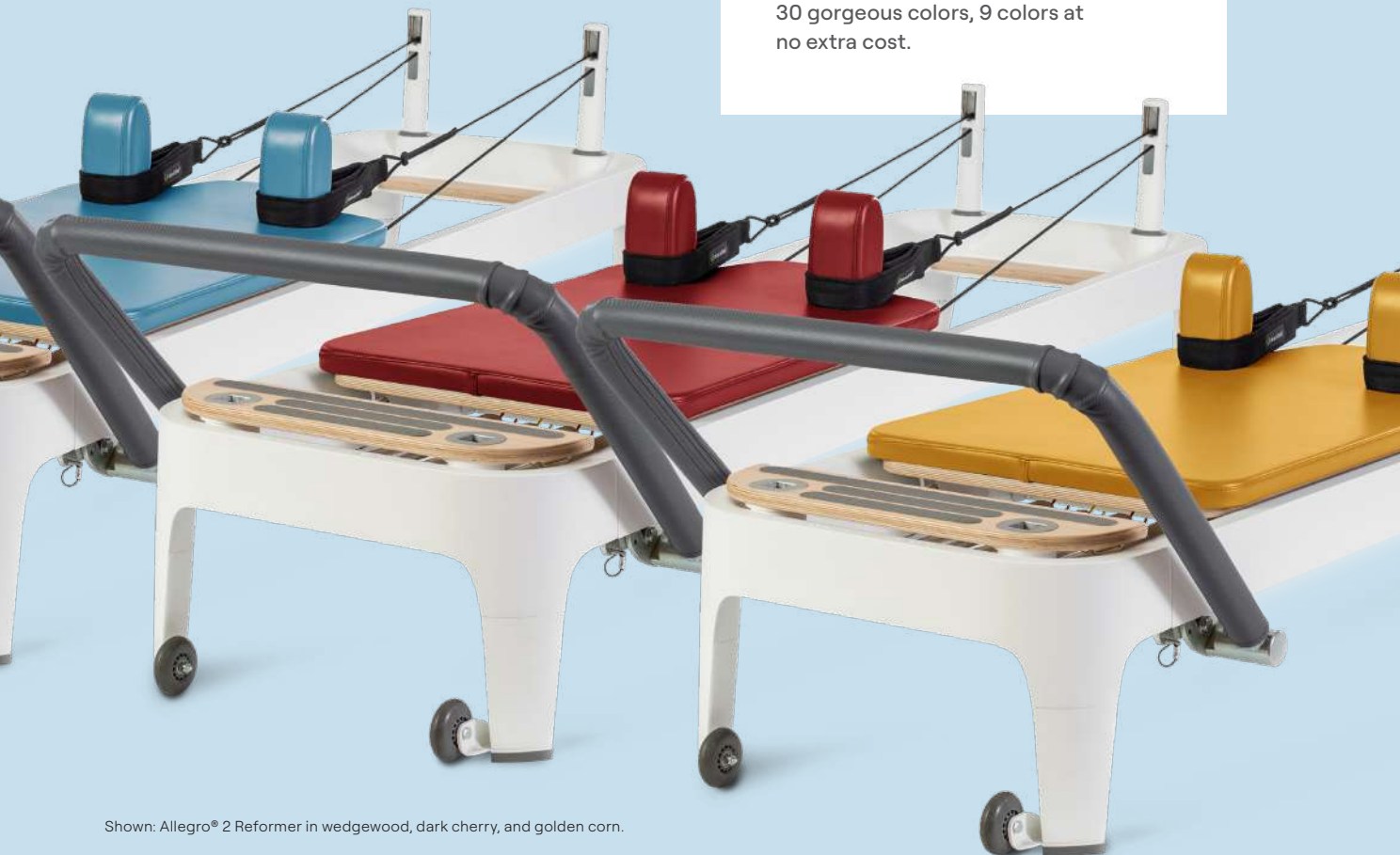
Scan for Details



## UPHOLSTERY

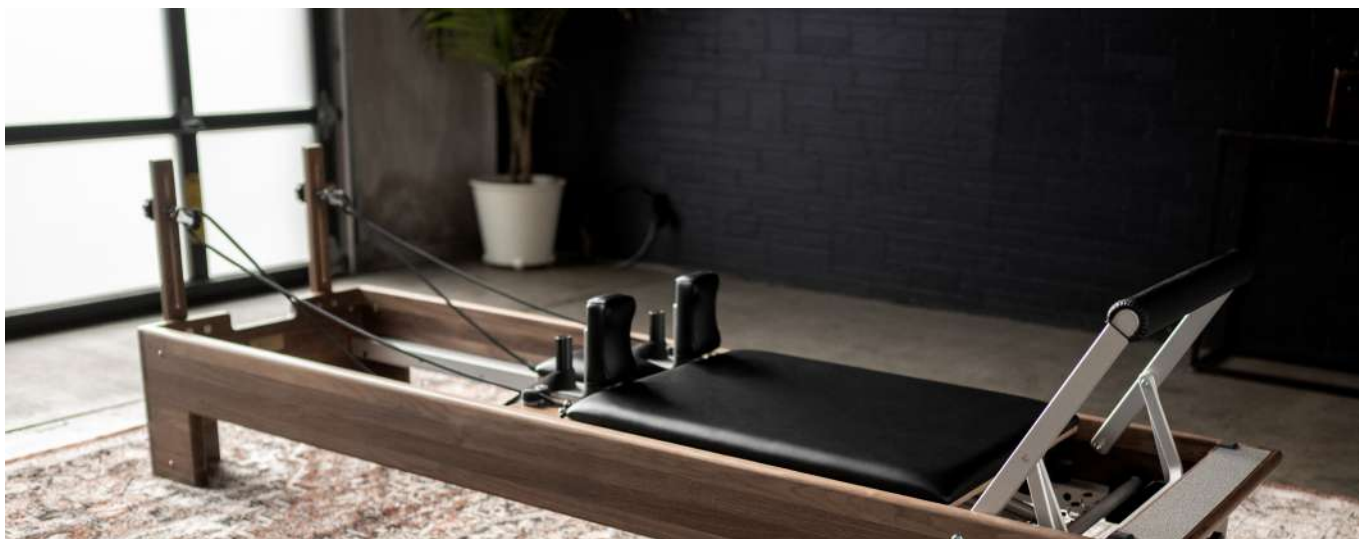
We use Naugahyde® with BeautyGard®, the finest US-made upholstery material. It wipes clean and resists to scuffing, perspiration, bacteria and stains.

**30 gorgeous colors, 9 colors at no extra cost.**



Shown: Allegro® 2 Reformer in wedgewood, dark cherry, and golden corn.





## WOODS

**Strong, beautiful, environmentally sensitive. No compromises.**

Proven over 45 years, our woods and construction methods have 45+ years field testing and come with a Lifetime Warranty. Strata® processing uses more of the tree, making it stronger than single-plank wood. We buy from FSC certified suppliers with woods from sustainably managed forests.



Shown: Studio Reformer® in Select Strata® Walnut



### Strata® Woods

- ✓ Strata Woods have a hardness rating unmatched by beech, oak and pine, for enhanced durability, resistance to expansion and joint strength.
- ✓ Strata Rock Maple is standard in our Reformers with more consistent grain appearance while Strata Artisan Maple has more pronounced grain and figure for a unique look.



### Select Strata® Woods

- ✓ Balanced Body Select Strata Woods include Cherry, Mahogany and Walnut, for a premium custom look.
- ✓ Select Strata Woods are eco-friendly, withstand regular studio use and are offered at an extra charge.

Color shown: Adobe White



### UPHOLSTERY COLORS

Learn more at p.56

Color shown: Deep-Violet



### LARGE UPHOLSTERED WEDGE

Learn more at p.81

# Refresh Your Studio

Color shown: Graphite



### CONTROLOGY® FOLDING MAT

Learn more at p.96



### REFORMER LOOPS

Learn more at pilates.com



### EYE-CATCHING POSTERS

Learn more at [pilates.com](http://pilates.com)



### SPINEFITTER® BY SISSEL®

Learn more at [p.80](http://p.80)

Small changes can make a big impact. Refresh your studio with the latest props, furnishings and upholstery colors, to give it a new look and feel.

NEW!



### THE ALIGNER®

Learn more at [p.81](http://p.81)



### FOOT CORRECTOR

Learn more at [pilates.com](http://pilates.com)



## BLUE MOON PILATES

CALIFORNIA

Kelly Leonardi  
Owner & Instructor



### **How have group reformer classes enhanced your studio?**

Group classes represent our studio's mission statement of "Each Other, Clients, and Community."

At Blue Moon, we feel as though they are all part of the bigger picture in the Pilates community. Having small group classes allows for diversity of humans, levels, types of classes, and the ability for our private clients to have variety in their practices or supplement sessions with ease. It also gives clients access to find a program that suits their needs, schedules and finances.

### **What types of classes do you offer?**

Since Blue Moon is an Authorized Training Center for Balanced Body, many of our group classes highlight exercises seen in reformer 1, 2 & 3 which helps both the teacher and the client stay true to BB education. We also offer restorative Pilates, chair & jumpboard-specific classes, and really everything from restorative to athletic.

### **Why do your instructors enjoy teaching group classes?**

We feel it allows them to be creative within the Pilates repertoire in a group setting and challenges their teaching skills. It also allows them to feel the group class energy and connect to the clients on a larger enrollment scale. Plus, it's a way for them to get to know other members of Blue Moon that they don't typically get to work with regularly.

### **What are some benefits of joining a group class?**

In group classes, the challenge of having to feel the work and listen carefully is paramount. It increases the student's ability to take cues more rapidly and creates a vibe of working with others as a cohesive group. The autonomy of learning the equipment, not just the exercises, gives a feeling of empowerment and an ability to take the lead in their Pilates practice. We also love the social aspect of classes, such as feeling part of a group and learning how to be led.



## TEN HEALTH & FITNESS

LONDON

**Joanne Mathews** Founder

**Adam Ridler** Master Trainer and Head of Fitness

**Brett Starkowitz** Master Trainer and Head of Education

### How have group reformer classes enhanced your studio?

It was a “happy accident.” Convinced there was a need and opportunity for a multi-disciplinary health and fitness offer that would bridge the gap between the medical sector and fitness, with Pilates principles and reformers at its heart, Joanne opened her first studio in London’s Notting Hill, a staff of four, and ten Balanced Body Allegro Reformers.

### What types of classes do you offer?

We have a clear class structure and levels, but we don’t take a cookie-cutter approach to classes. Each session reflects the teacher’s personality. We allow a degree of choice in class programming and encourage teachers to bring their personalities to the fore, enabling them to teach authentically, providing greater variety for clients, and improving the overall class experience.

### Tell us why you or your instructors enjoy teaching group classes.

We pride ourselves on exceptional and community-based instructors who are passionate and bring their own “vibe.” We recruit from a variety of backgrounds. Those already trained in teaching Pilates, but also anyone else who has an exercise background with group exercise experience, as well as personal trainers and exercise scientists.

### Name some benefits of joining a group session.

The sense of progression and achievement that Pilates offers is great for building personal morale. Pilates also creates a mindful and distraction-free environment. Without the need to pay attention to metrics and performance monitors, clients can be present in the moment, and focus on their own bodies and the quality of their own movement.



# SPRING HOUSE PILATES

COLORADO

Stephanie Parker & Becky Elhardt  
Co-Founders



## How have group reformer classes enhanced your studio?

They're the foundation of our membership model. Our extensive class schedule allows members to flow in and out of the studio morning through evening, according to their needs. A majority of our clients attend three classes every week. To retain members and keep them challenged, an ever-expanding diversity of group class offerings is vital.

## What types of classes do you offer?

Our classes strike a balance of familiar Pilates while keeping it fresh. The signature Flow Motion class is an all-encompassing Pilates workout that includes essential spinal movement, stability, and balance exercises. We also offer classes specifically geared towards beginners, aging adults, those with back issues, athletes, and active teens.

## Tell us why you or your instructors enjoy teaching group classes.

More than Pilates instructors, they are energy creators, cheerleaders, and body gurus. If a teacher is inspired and excited to come to class the clients are likelier to have a great experience! To keep our teachers inspired and constantly learning, we have monthly and seasonal studio-wide themes and challenges that weave our teachings together.

## Name some benefits of joining a group session

In a time when exercise is available at the click of a button, we all crave connection and community. Clients get to know each other, they look forward to the camaraderie, reaching the next level of teaser, completing a tough chair exercise, or making it through a particularly challenging class with a group of people who are on the same journey.

# HOUSE OF CORE

CALIFORNIA

**Dru Mouser**  
Owner & Instructor

## How have group reformer classes enhanced the studio?

We recognized that many elements have the power to bring people together – music, food, religion, and, undoubtedly, fitness. In a city where fitness is woven into the cultural fabric, we embraced the vision of creating a space that goes beyond traditional classes but a welcoming community they can call home, or house (wink).

## What types of classes do you offer?

We offer a diverse range of contemporary and athletic Pilates classes that cater to all levels of expertise. Our curated classes are designed to push your limits and target muscle exhaustion the best way possible. If you're up for a challenge, brace yourself for our favorite class – **HARDCORE**, but we also offer **BOOTYHOUSE**, **CORESCULPT** & **SMOKEHOUSE65**.

## Tell us why you or your instructors enjoy teaching group classes.

Our instructors take the personal touch to heart, addressing members by name and getting to know them. This personalized approach creates a nurturing atmosphere that encourages growth and camaraderie.

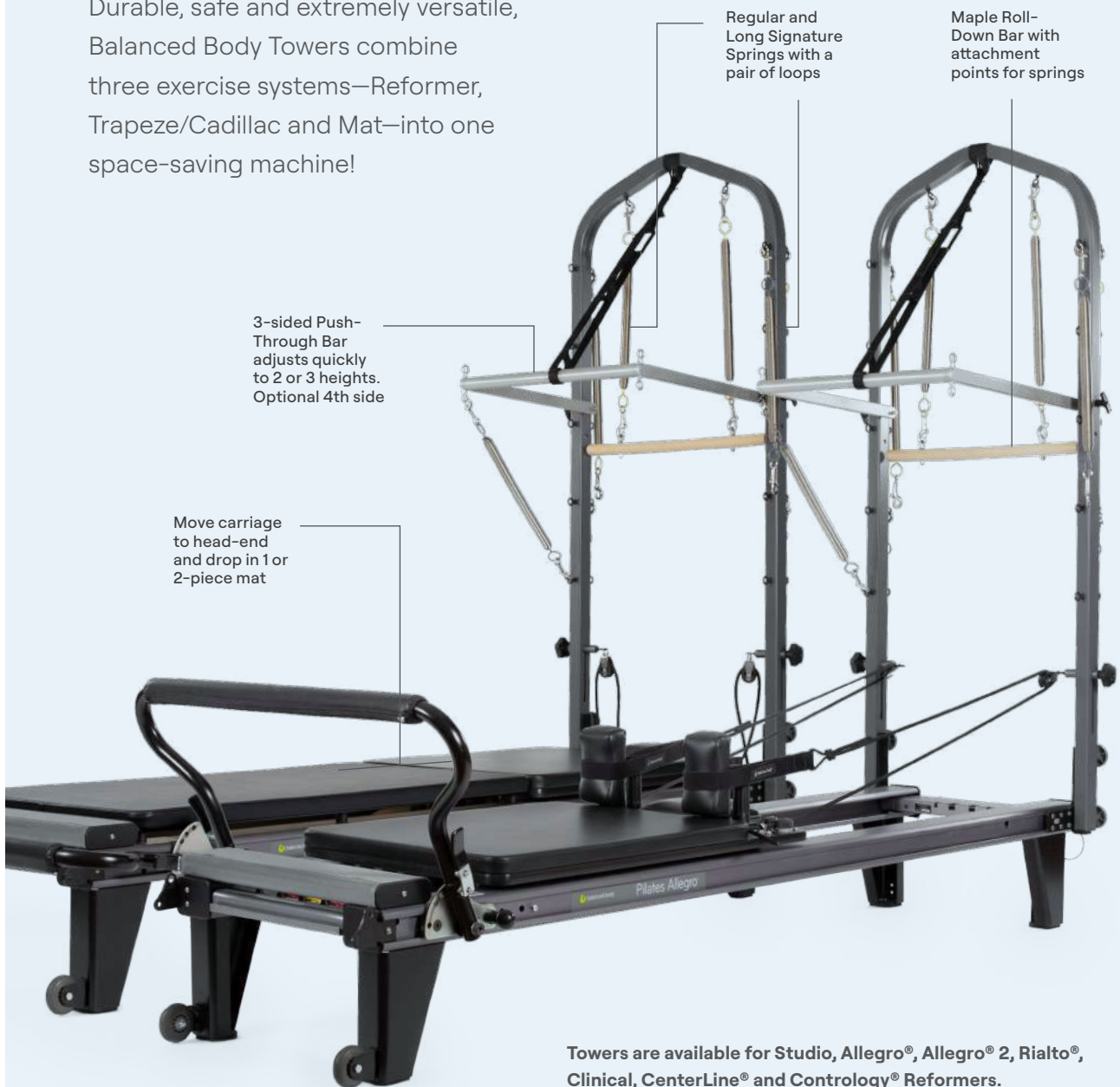
## Name some benefits of joining a group session.

The synergy of the group helps create an atmosphere that inspires fortitude and endurance. The mind wants to quit before the body does, so if you can keep your mindset in flow and not think about wanting to quit, your workouts will be deeper, more connected, and more effective. Everyone has a shared goal and purpose and feels a sense of connection.



# Towers for Balanced Body® Reformers

Durable, safe and extremely versatile, Balanced Body Towers combine three exercise systems—Reformer, Trapeze/Cadillac and Mat—into one space-saving machine!

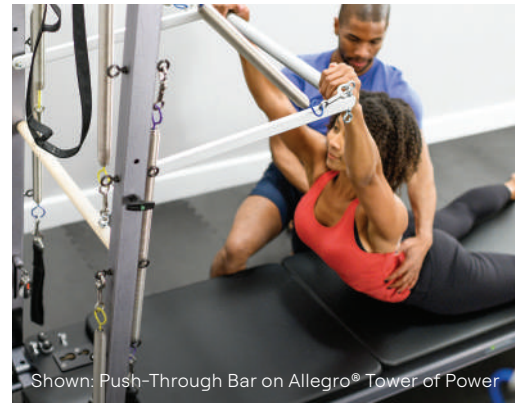


Towers are available for Studio, Allegro®, Allegro® 2, Rialto®, Clinical, CenterLine® and Contrology® Reformers.





Shown: Roll-Down Bar on Rialto® Tower



Shown: Push-Through Bar on Allegro® Tower of Power



## FEATURES

- ✓ Gain 80% of full Trapeze Table exercise repertoire
- ✓ Perform mat workouts on either side of the Tower to train effective functional movement patterns
- ✓ Add integrated exercises with the moving Reformer carriage
- ✓ Work from both sides of the Tower for more exercise options
- ✓ 3-in-1 workout system: Reformer, Mat station, Reformer/Tower with mat, Reformer/Tower without Mat, and Tower standing exercise station using the floor side



## Allegro® 2 Reformer with Tower and Mat

- ✓ Dramatically increase exercise options and progression with this fully integrated system
- ✓ Smooth transitions with our proprietary Infinity footbar and SoftTouch® rope system
- ✓ Sleek, contemporary design with unparalleled craftsmanship and long-lasting durability

Carbon Fiber Footbar, 18356  
Steel Footbar, 18358

# Footbars &

## FOR STUDIO® REFORMER



### TRADITIONAL

#### Classic Footbar/No-Roll Springbar

- ✓ Classic Footbar has 2 supports and adjusts to 3 heights (including down), with comfortable padding and non-slip surface
- ✓ Patented No-Roll Springbar adjusts resistance in 2 "gear" positions. A patented safety feature, the oval shape will not rotate downward when spring tension is released



### HIGHEST PERFORMANCE

#### XSR Footbar® and Choice of Springbars

- ✓ Extra-wide, non-sliding footbar for the Studio Reformer – safe, sturdy, comfortable
- ✓ Mounted outside of the frame, the XSR is 31"(79cm) wide—perfect for those needing wider foot positioning
- ✓ Easy to reach with 6 secure locked positions, including vertical. Can be paired with a Revo Springbar™ or the more traditional No-Roll Springbar

# Springbars

## MOST POPULAR

### Revo Adjustment System™

- ✓ Easiest, fastest springbar adjustment — lift lever and slide carriage until it clicks into the correct position
- ✓ 2x Spring resistance adjustments: no-load (neutral) and pre-loaded
- ✓ The springbar moves the carriage to and away from footbar while maintaining neutral spring tension
- ✓ Greatest adjustability — springbar has 12" (31cm) range and 5 positions, while padded footbar has 4 locked positions (including down)



## FOR STUDIO® & CLINICAL REFORMER®

## MOST FLEXIBLE

### Infinity Footbar® and Choice of Springbars

- ✓ Infinity Footbar has 5 vertical and 32 horizontal locking positions, adjusting the full length of the frame
- ✓ Extra wide surface offers a greater range of exercises, while lockout knobs provide easy horizontal positioning
- ✓ Combine Infinity Footbar™ with a Revo Springbar™ for the most precise system in industry



# Sitting Boxes

Increase your Reformer and Mat exercise options! The Sitting Box is used in long and short box positions for prone and abdominal work, side stretching and elevated seated exercises.

## Standard Sitting Box

- ✓ Standard upholstered Sitting Box included with Balanced Body wood Reformers. 3-handle design for easy transport

12431

## Contour Sitting Box™

- ✓ With rounded edges, this Box fits the body and offers a wider range of motion

12451

## Sitting Box Lite

- ✓ Highly durable, easy-to-clean and recyclable foam with textured non-slip surface (Black only)
- ✓ Rounded edges for comfort and slides over shoulder rests of all Balanced Body Reformers (except Contrology® Reformer)
- ✓ 3 4.5lb (2kg) and hand-holds for easy stacking and storage

15844

**Purchase Sitting Box with Reformer, and get a free Footstrap. Also sold separately.**



Shown: Sitting Box Lite

Other Sitting Boxes available. See available at [pilates.com/collections/pilates-boxes-reformer-sitting-box/](https://pilates.com/collections/pilates-boxes-reformer-sitting-box/)

# Footstraps

Expand your workout with a footstrap. All Balanced Body Reformers have attachment points for a footstrap.



Shown: Padded Footstrap



# Handles

Everyone has their favorite handle. Whether you're a D-Ring devotee, SoftTouch™ die-hard or leather/wood traditionalist, we have the grip you want in your workout!



## Padded Handles

With Padded grips, using a D-Ring attachment.

10032



## Padded SoftTouch Handles

With Padded grips, using our rope attachment (used on Allegro® 2 Reformer).

10047



## Leather Handles

With wood grips, using our standard dog clip attachment.

12429

Additional Leather Handles available.  
Go to [pilates.com](https://pilates.com).

# Loops

We like loops. Simple, yet integral to the feel of movement. That's why we make so many... to provide options that meet all your loop needs!

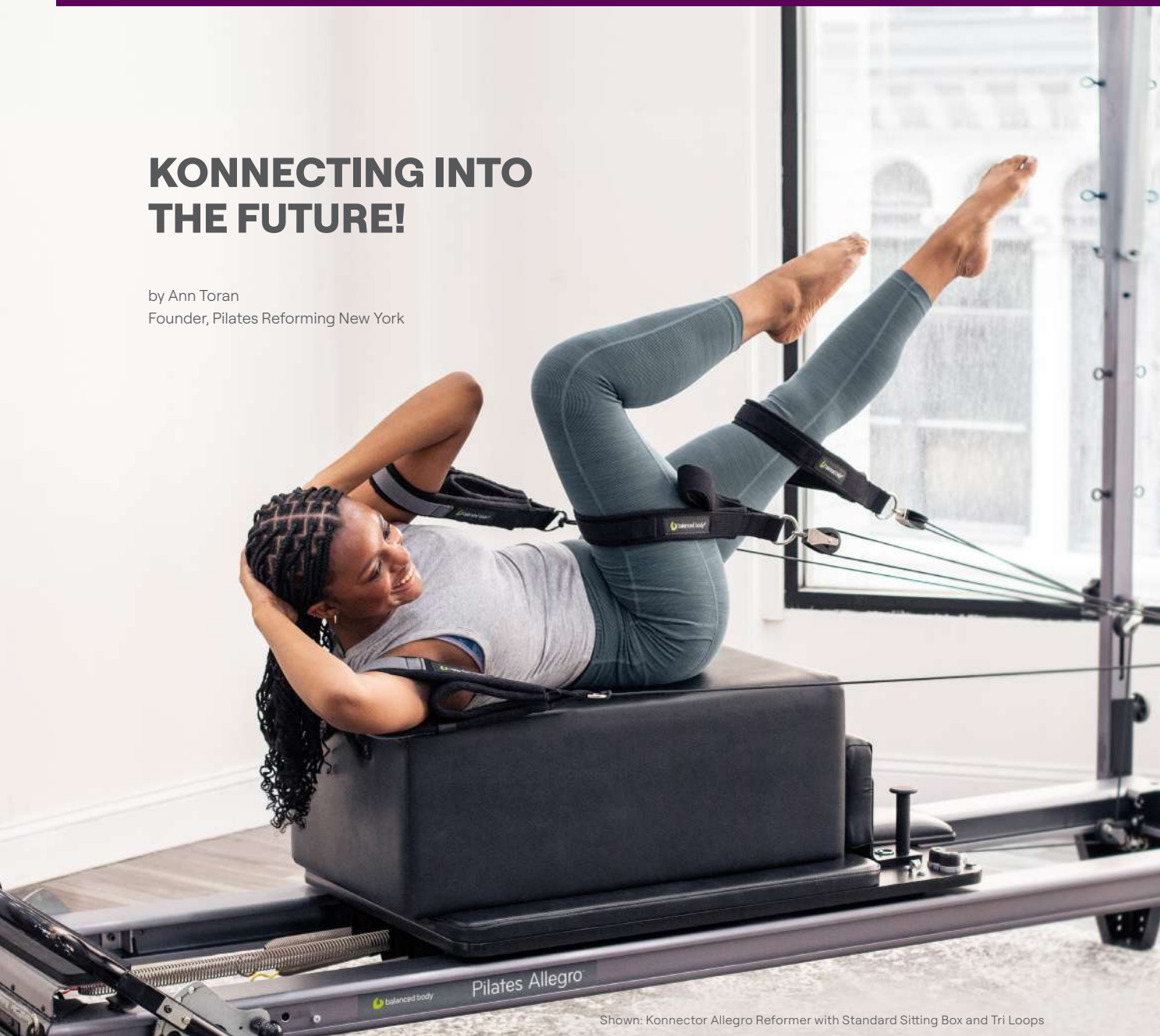
SEE MORE LOOPS  
AND HANDLES  
[pilates.com](https://pilates.com)



Shown: SoftTouch Padded Double Loops

# KONNECTING INTO THE FUTURE!

by Ann Toran  
Founder, Pilates Reforming New York



Shown: Konnector Allegro Reformer with Standard Sitting Box and Tri Loops

It was April 2002, and my dream was becoming a reality. My husband and I were opening the first Pilates group reformer studio in New York City. Primely situated on the world-famous 42nd St, Pilates Reforming NY, equipped with Balanced Body's Allegro's. I loved the reformer, but it needed to be more affordable and accessible! Frustrated by how expensive private Pilates sessions were and inspired by my first group

reformer class led by Brent Anderson at a Polestar Pilates conference, I was smitten. I visualized leveled group reformer classes, similar to my ballet training. Leveled classes required discipline and technique; as your skills improved, you would graduate to the next level.

21 years later, we are thriving. I have taught over 20,000 reformer classes as a PRNY studio teacher and Balanced Body Educator at our ATC.

I have always felt the reformer had more possibilities than any other piece of equipment, so I couldn't imagine improving on it. I was wrong! Once the Konnector hit the market, Viktor Uygan, the inventor, encouraged me to consider converting our NYC studios.

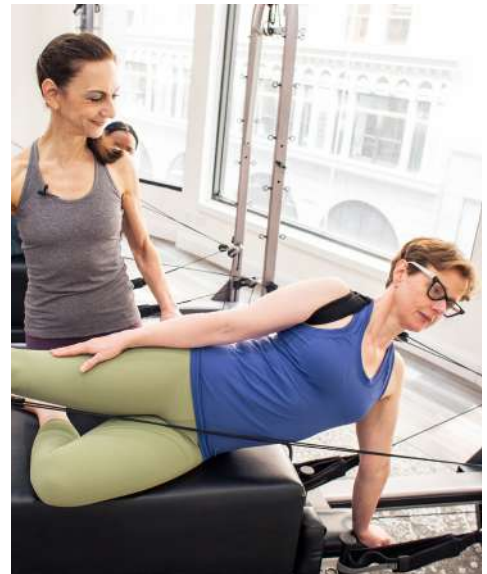
2022 was the year. We converted all 22 Allegro reformers at our two NYC locations to the Konnector Reformer. From the get-go, our PRNY clients loved it! Everyone was enthralled and immediately felt the difference. No more adjusting cord lengths; you, the client, make your arms and legs even! Move one arm or leg at a time? Yes! Clients even started booking 90-minute privates!

As regular clients became proficient with the Konnector straps, we introduced new clients as they came in. It is a regular occurrence to have clients drop in who are unfamiliar with the Konnector. It needs a brief introduction and a little hands-on guidance. We LOVE the surprised looks on their faces as they move one leg or arm or feel the one-loop system.

I teach the Balanced Body reformer repertoire on the Konnector with minor adjustments. It has been ten months since we converted, and I can't imagine returning to a regular two-strap system! The Konnector has infinite possibilities, and the all-encompassing Konnection you feel will put a balance in your body that you didn't know was missing!

Called the next evolution in Pilates, Konnector is a single-rope pulley system connecting arms and legs for a full-body workout. Take your Reformer work to new heights! Available for Studio, Allegro and Rialto Reformers.

**Contact Balanced Body to buy the correct Konnector kit at [info@pilates.com](mailto:info@pilates.com) or 1 (916) 388-2838.**



Balanced Body Educator Ann Toran  
at Pilates Reforming New York

# Standing Platform Extenders

FOR ALLEGRO® 2, ALLEGRO,  
RIALTO® AND STUDIO REFORMER®

Expand your workout to include planking, kneeling and standing exercises. And for larger feet, a more functional surface area.



Shown: Reformer with Standing Platform Extender



**Allegro® 2 Reformer  
Standing Platform  
Extender**

15976



**Studio Reformer®  
Standing Platform  
Extender**

17873

## FEATURES

- ✓ Large, stable and grippy surface
- ✓ Comfortably support feet, forearms, elbows and knees
- ✓ Platform extender pad for additional cushioning
- ✓ Install quickly and lift for easy access to springs
- ✓ Great for athletes and leg strengthening with squats and lunges
- ✓ Excellent stable, comfortable base for older clients
- ✓ Warm maple with a non-skid surface (except Allegro Reformer)



**Allegro® Reformer  
Standing Platform  
Extender**

15961

For Allegros serial# 41501 and above.



**Rialto® Reformer  
Standing Platform  
Extender**

17874





Shown: Studio Jumpboard with classic/one step footbar

## Jumpboards

### PADDED JUMPBOARDS

Jumpboards add cardio exercise to Reformer work by enabling jumping. Balanced Body Jumpboards provide the largest standard jumping surface on the market.

Other Jumpboard options available. See [pilates.com](http://pilates.com)  
Allegros prior to 6/21/2007 call for options.

#### Cardio Cloud™

Create a softer jumping surface over your Balanced Body® Jumpboard.

**Available in  
two sizes.**



## Plank Bars

Gain new options for plank variations and other exercises.

Product	Part #
Allegro® 2 Plank Bars	15978
Rialto® Plank Bars	16458

**Available for Allegro® 2 reformer  
and Rialto® Reformer**



Shown: Allegro® 2 Reformer with Plank Bars

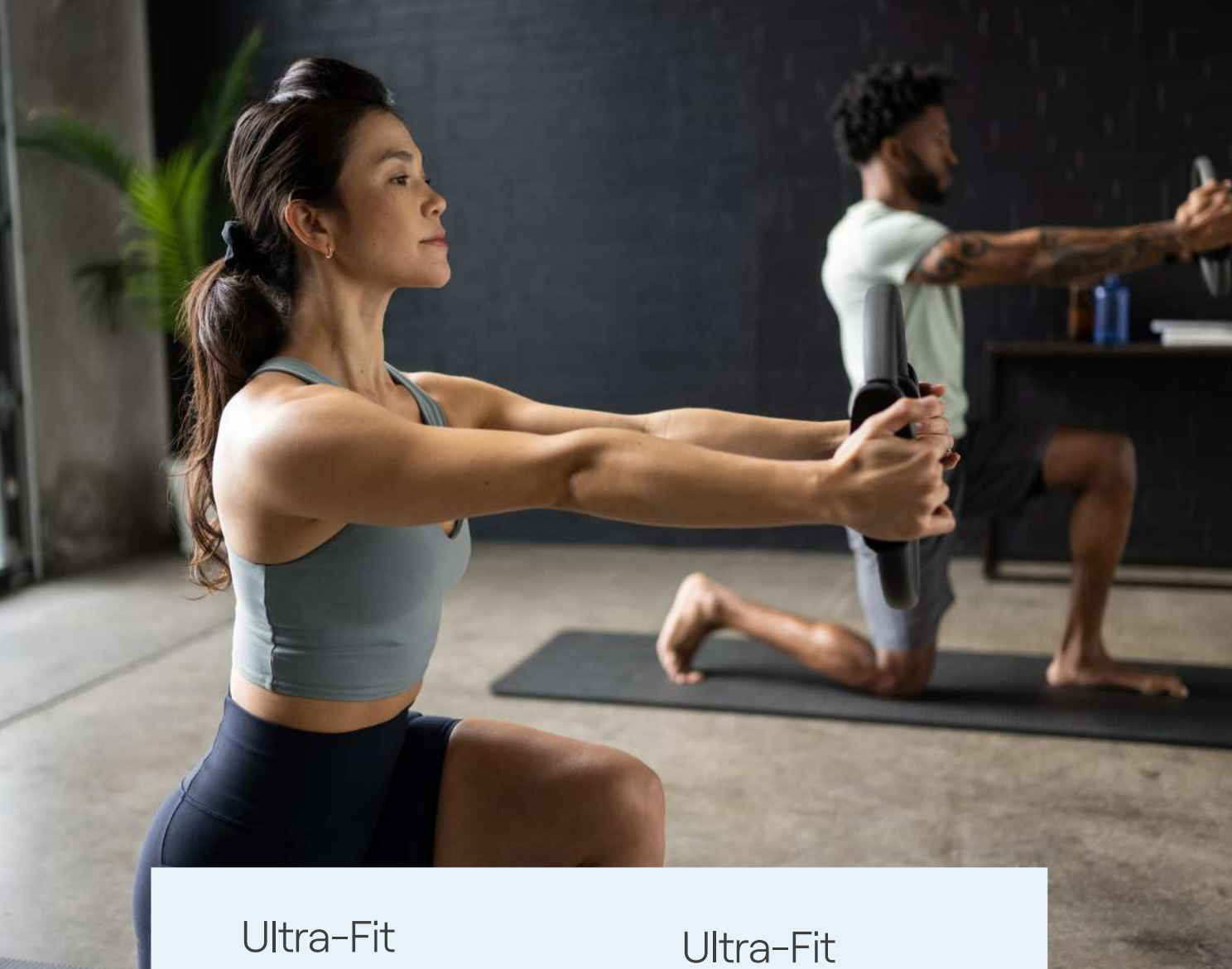




# Training Tools

Specially designed and selected to enhance your workouts! Use on our equipment, individually and to enhance specific exercises and on the go.





## Ultra-Fit Circle® Mini

Smaller ring size facilitates better leg alignment and makes it easier to handle during exercise. 12" (30cm) diameter.

- ✓ Positions feet directly under hips for improved leg alignment
- ✓ Lower resistance works well for all fitness levels

15083

## Ultra-Fit Circle®

Lightweight, durable, flexible plastic in rubberized shell. padded handles inside and out. Resistance approx. equal to 3-band Spring Circle. Outside diameter is 15" (38cm). Larger size enables user to put legs (or arms) inside circle for greater diversity of exercise options.

14607

See [pilates.com](https://pilates.com) for other Ring options.



## Balls of All Shapes and Sizes!

Balls enhance your workouts and they're fun! They help improve abdominal, upper body, and lower back strength and flexibility.



**Ribbed Inflatable Ball,  
8-10" (20-25cm)**  
10296



**Playground Ball,  
5" (13cm)**  
10297



**Balanced Body Pinky Ball,  
2.5" (7cm)**  
10294



**Inflatable Ball,  
4" (10cm)**  
10295



**Franklin Textured Ball,  
4" (10cm)**  
10317



Shown: Inflatable Ball and EcoWise Pilates Mat

## SmartBell®

Fun and easy-to-use, SmartBells are ideal for toning, sculpting and range-of-motion work. Ergonomically-shaped, dual-handed grips are safe and secure. Sold individually.



FREE STREAMING AT  
[video.pilates.com](https://video.pilates.com)\*



## Precision Rotator Discs

Next generation Rotator Discs offer progressive spring resistance, and traditional functionality with no resistance.



- ✓ 3 resistance levels: light for upper body training; heavy for lower body work; and no resistance for traditional rotator disc exercises
- ✓ Longer lasting, top-quality ABS construction (maximum weight capacity is 500lb (227kg))
- ✓ 9" (23cm) and 12" (30cm) diameters, with built-in markers to measure range of motion
- ✓ Strengthen end-range of motion and improve joint support and stability
- ✓ Identifies strength imbalances between limbs
- ✓ Rotator Discs for CoreAlign® and Jumpboards, and Rotator Disc Pads, also available

## Balanced Body Barre®

Portable, easy-to-assemble aluminum barre with an anti-microbial, powder-coated satin finish. Non-slip rubber feet grip without damaging floor.



## Poles

Poles for balance and stability.

### 1. Gondola Pole

Helps you balance when performing standing work. Rubber ends improve traction on floor. Solid maple.

12369

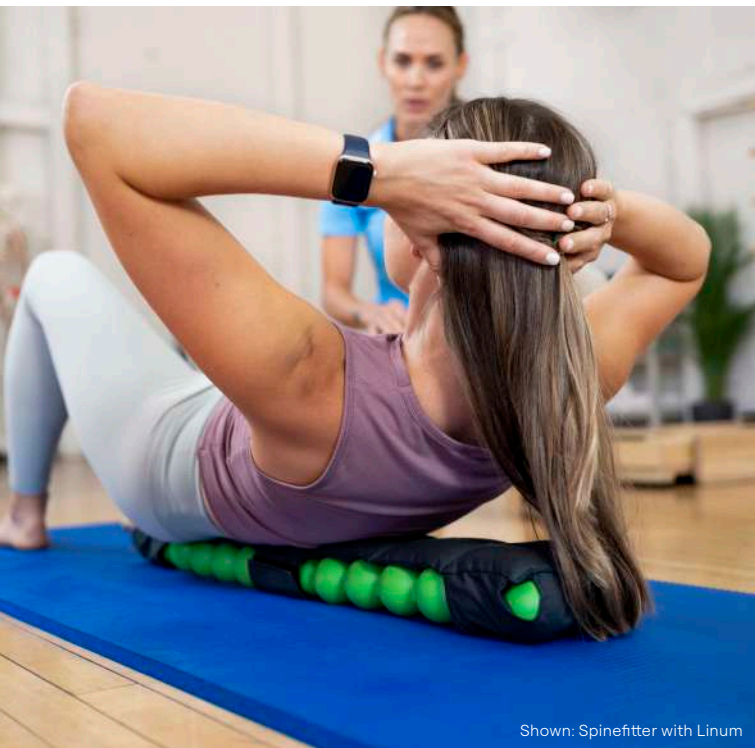
### 2. Weighted Metal Pole

Chrome-plated with rubber ends.

### 3. Maple Dowel

For alignment, arm work and more!





Shown: Spinefitter with Linum

## Spinefitter® by SISSEL®

Designed to balance the energy and nervous systems, Spinefitter specifically targets the vertebral joints of the spine and uses pressure to remove blockages and release muscle tension.

Green, 18134

Anthracite, 18147

## SISSEL® Spinefitter® Linum

Hot/cold therapy pack to use with Spinefitter or individually. Relieves tightness and soreness in muscles. Natural linseed filling contours to body for even compression. 100% cotton cover.

18060



**POLESTAR**

### SPINEFITTER® EDUCATION

Learn how to use the Spinefitter® to improve flexibility, strength and balance, on your mat and Reformer.

Scan for Details





## NEW! Spinefitter® by SISSEL® Extension Kit



- ✓ Easy click-on connector to the Spinefitter offers greater surface area for taller users
- ✓ Used separately for myofascial release of specific muscle groups
- ✓ Small and lightweight – easy to pack for use on the go

Dimensions: 4.7" w x 4.7" l x 2.3" h (12cm x 12cm x 6cm)

18200

SISSEL® products are only available in the US and Canada.





# Positioning and Balance

For stability, support and challenging balance.



## NEW! The Aligner®

Multi-use positioning tool for foot and leg alignment, muscle development and feedback

High density lightweight foam at .60 lbs (.27kg)  
easy-to-clean, transport and store (Black only)

18183

## Large Upholstered Wedge

Large upholstered wedge fits between shoulder rests on Balanced Body Reformers. Provides cervical support on gentle, 12-degree incline. For those with shoulder, neck or facial injuries, or who can't lie supine.

Stock: Black. Dimensions: 23" w x 31" l x 7" h  
(58cm x 79cm x 18cm)

12482



Stock color: Black;  
shown in Fjord Blue

## Vinyl Cushions

✓ Versatile, multi-use props to use on Pilates equipment and in mat workouts to support proper body position and for added comfort

✓ Premium Balanced Body foam and upholstery

Dimensions: 1"x6"x9" (2.5cm x 15cm x 23cm) ;  
2"x6"x9" ( 5cm x 15cm x 23cm) ; 2.5" x 10" x 13"  
(6.5cm x 25cm x 33cm)

## The Slice

Developed with Blossom Crawford of Bridge Pilates, The Slice is an excellent, multi-use positioning tool to incorporate into your daily practice.

Dimensions: 3.75" h x 5" w x 11" l  
(9.5cm x 12.7cm x 28cm)

16810



## Cork Block

Made from sustainably-harvested cork, our Cork Block is an eco-friendly alternative to foam blocks, and provides a natural grained surface for secure hand and body positioning.

Dimensions: 3" x 6" x 9" (8cm x 15cm x 23cm)

16920



## Exclusive Balanced Body Signature Springs

Our patented Springs are the best available today for strength, resilience and durability.

Nickel-plated carbon steel and color-coded for efficient visual identification during workout.

Designed and tested for use on Balanced Body equipment.

### Reformer Springs



### Chair Springs

For our Chairs with Hourglass or Cactus spring mounts 18.75" (47cm)



### Trapeze Table / Tower / Wall Tower Springs



**Contact us for Springs for older equipment and specialty applications:  
Contrology® Springs, Allegro® Stretch Springs and unplated Reformer Springs.**





# THE RISE OF PILATES IN POLAND

by Katarzyna Zawrzykraj

**balanced-body.pl**



Magda Nowak • Lodz, PL



Angelika Mirek • Cracow, PL



Anna Tytus • Warsaw, PL

In recent years, trends in sports and fitness have been making their way to Poland from different parts of the world, and Poles are keen to try them out. Although Pilates was already known in Poland in the 1990s (it was reduced to a set of exercises on a mat at that time), exercises with the use of Pilates apparatus appeared quite recently.



Up to 2020, Pilates developed steadily but rather moderately in Poland, noticeably giving way in popularity to classes in fitness clubs and gyms, as well as yoga.

It was the pandemic that unexpectedly became not only a challenge but also a great opportunity. Legal regulations introducing lockdowns in our country came to help. While they affected large gyms and fitness clubs, which had to shut down their facilities, some of the small Pilates studios, also involved in rehabilitation and physiotherapy activities, were excluded from the lockdown. This enabled many clients to learn about this very different, more therapeutic, and functional form of movement that is Pilates.

The lockdown and restriction of physical activity that lasted for many months caused Poles to flock to training after it was over, wanting to return to better shape and an active lifestyle. However, clients' expectations of training changed noticeably. Many of them resigned from trainings in large, anonymous fitness clubs (which are visited by hundreds of people every day). They started searching for smaller, intimate venues where sanitation requirements were easier to maintain and more effectively enforced, and where classes were conducted either one-on-one or in groups consisting of a few people. This was also a signal for many instructors who noticed in Pilates a whole new opportunity to develop, change specialties and begin a new career path. Especially that, in contrast to a gym or fitness club, even a small space is enough to open a Pilates studio, as they are more easily available on the market and cheaper to rent and maintain.

It did not take long before another trend from West reached Poland – group Reformer classes. Besides small boutique studios, facilities with a greater number of machines offering training for several people simultaneously began to appear on the map of Poland.

The recognition of Pilates significantly increased thanks to numerous Polish influencers who included workouts with Pilates equipment in their daily workout routines and shared training stories with their followers. Pilates was becoming popular – there was more and more information about it in media; Pilates events began to be organized. The interest in Reformer exercises increased and continues to increase month by month.

We should not forget about one more extremely significant factor in the development of Pilates, not only in Poland. This is the increasing availability of professional training courses run by certified teachers of the world's major Pilates training programs, which allow you to gain expertise in the Pilates method. They are the ones who train the staff for the newly established studios, which ensures top level of classes. We can proudly say that among them there are already three Balanced Body Educators in Poland – Angelika Mirek (in Cracow) has recently been joined by: Magda Nowak (in Lodz) and Anna Tytus (in Warsaw).



# Balanced Body Education®



Scan for Details



## PROFESSIONAL PROGRAMS

### Pilates Instructor Training

---

Balanced Body Education provides access to a global network of Pilates educators in over 50 countries, virtual and in-person support, and a dynamic community of Pilates professionals. Rooted in the Balanced Body Movement Principles, Balanced Body Education is where the best of movement science meets the methodology of Joseph Pilates.

## COMPLEMENTARY EQUIPMENT AND INSTRUCTOR TRAINING PROGRAMS



### The Konnector®

The Konnector is the Reformer evolved. Developed by Viktor Uygan, the Konnector Reformer integrates all four limbs allowing for discrete unilateral and reciprocal movement patterns. This creates a rich motor learning environment where the limbs not only relate to each other but are informed, supported and responsible to each other.



### CoreAlign®

The CoreAlign is the missing link in all training and clinical environments. Becoming a certified CoreAlign instructor will give you an extremely powerful tool to address and improve gait, functional upright strength, deep core and postural strength and endurance, muscular power and dynamic joint mobility.



### **Bodhi Suspension System®**

Suspension Training is not only marketable for you as a teacher, but it is a true companion to client training, whether in a Pilates studio, gym or clinic. Bodhi Suspension System teacher training with Balanced Body brings the precision and principles of Pilates to suspension training. One of the unique features of Bodhi is the ability to fully suspend the body in 4-points of suspension.



### **MOTR®**

Expand your offerings with MOTR. This program teaches you how to incorporate MOTR into existing Pilates, rehabilitation, and fitness programs. You will learn how to create functional MOTR exercises using its innovative resistance system.



### **Balanced Body Barre®**

Our Barre teacher training is dynamic, fun, and functional. Working with light weights, the body weight Barre training provides a recipe for developing strength, flexibility and endurance, which creates change and empowers clients to be physically strong, resilient, and active.





## CAREER PROGRAM

# Movement and Rehabilitation

Movement therapy is widely accepted as an effective ingredient in restoring a patient's level of function. The Pilates Reformer and the CoreAlign are two unique movement environments that have been proven to support a patient's journey from rehab to real life. Combining the power of the equipment with our Balanced Body education, designed by clinicians for clinicians, gives your practice opportunity to lead the movement revolution. By teaching and training optimal movement patterns, using our patients can move from rehab to wellness and beyond.



### CoreAlign®

Designed by a physiotherapist as a rehabilitation tool, the CoreAlign is also as a functional training apparatus used by world-class athletes to enhance strength, speed, and agility.

Learn more on p. 18



### Clinical Reformer®

For over 40 years, we have worked with rehabilitation professionals to make our Clinical Reformer an effective tool that helps facilitate treatment of orthopedic, neurological, and chronic pain conditions.

Learn more on p. 32



Scan for Details



BEYOND PILATES

## Anatomy in Three Dimensions™

There is no better way  
to learn anatomy!

We build the body from the inside out using clay on our proprietary skeleton. This hands-on approach ensures you learn the structure of bones, joints, muscles, tendons, and ligaments, and how they function when the body is in motion.

### Complete Anatomy Build Kit

All you need to build your own  
musculoskeletal anatomy!

Anatomy + Movement™

Skeleton, terra cotta clay, white  
clay, toolkit and complete  
Anatomy Build Manual.

16504



# Pilates On Tour®

Pilates on Tour, our signature conference, highlights the breadth of the Pilates community. Learn from world-class instructors and industry leaders. Workshops feature programming, science-based movement, and creative applications for diverse clients.

Scan for Details



## UPCOMING EVENTS

**Feb 16-18, 2024**

Santiago de Compostela, Spain

**Apr 26-28, 2024**

Phoenix, Arizona

**May 17-19, 2024**

Manchester, England

**Apr 11-13, 2025**

London, England

**Oct 3-5, 2025**

Chicago, Illinois

balanced body

**Integrated  
Movement  
Specialist™**

Dive deep into anatomy and movement, and how the body works in motion. Instructors gain the skills to customize programming for all fitness abilities and training settings.

Scan for Details



Meet us in person at: IHRSA, IDEA/ACSM Health & Fitness Summit, IDEA World Congress

# Capital Equipment Dimensions

	Equipment	Functional Height Floor to Working Surface: (Carriage/Mat)	Width Overall (Widest Possible Point)	Length Overall	Carriage Travel (Distance)	Weight (EST. Only)
REFORMER	Allegro 2 Reformer	9" (22.86cm)	31" (78.74cm)	93.25" (236.86cm)	40" (102cm)	140lb (64kg)
	Allegro 2 Reformer With 14" Legs	15" (38.1cm)	31" (78.74cm)	93.25" (236.86cm)	40" (102cm)	146lb (66kg)
	Allegro 2 Reformer With Legs/Tower	15" (38.1cm)	31" (78.74cm)	93.25" (236.86cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer	6.75" (17.15cm)	36" (91.44cm)	93" (236.22cm)	40" (102cm)	113lb (51kg)
	Allegro With 14" Legs	14" (35.56cm)	36" (91.44cm)	93" (236.22cm)	40" (102cm)	124lb (51kg)
	Allegro Reformer Legs/ Tower	14.75" (37.47cm)	36" (91.44cm)	95.5" (242.57cm)	40" (102cm)	171lb (78kg)
	Allegro Reformer Stretch	6.75" (17.15cm)	36" (91.44cm)	111" (281.94cm)	46.25" (117cm)	138lb (63kg)
	Rialto Reformer	15" (38.1cm)	34.25" (87cm)	95.5" (242.57cm)	40" (102cm)	140lb (64kg)
	Rialto Reformer With Tower	15" (38cm)	34.25" (87cm)	97" (246cm)	40" (102cm)	180lb (82kg)
	Ron Fletcher Reformer	15" (38cm)	25.5" (65cm)	93" (236cm)	33.5" (85cm)	145lb (66kg)
	Centerline Reformer	15" (38cm)	25.5" (65cm)	91" (231cm)	37" (94cm)	145lb (66kg)
	Metro IQ Reformer	9" (22.86cm)	23" (58.42cm)	96" (243.84cm)	39.75" (101cm)	85lb (39kg)
	Studio Reformer 14"	15" (38.1cm)	26.5" (67.31cm)	93" (236cm)	40" (102cm)	152lb (69kg)
	Studio Reformer Tower 14"	15" (38.1cm)	26.5" (67.31cm)	95" (241.3cm)	40" (102cm)	188lb (85kg)
	Studio Reformer 18"	19" (48.26cm)	26.5" (67.31cm)	93" (236.22cm)	40" (102cm)	160lb (73kg)
	Studio Reformer Tower 18"	19" (48.26cm)	26.5" (67.31cm)	95" (241.3cm)	40" (102cm)	196lb (89kg)
	Studio Reformer 24"	25.5" (65cm)	26.5" (67cm)	93" (236cm)	40" (102cm)	168lb (76kg)
	Studio Reformer Tower 24"	25.5" (65cm)	26.5" (67cm)	94.75" (241cm)	40" (102cm)	204lb (96kg)
	Contrology Reformer	14" (36cm)	26.5" (67cm)	80.5" (204cm)	26.5" (67cm)	114lb (52kg)
TRAPEZE	Reformer Trapeze Combination 24"	24" (60.96cm)	31.5" (80.01cm)	92.63" (235.28cm)	40" (102cm)	249lb (113kg)
	Centerline Cadillac	25.5" (65cm)	29" (74cm)	85.5" (242cm)	N/A	190lb (86kg)
	Centerline Pole System	89" (226cm)	30.25" (76cm)	30" (76cm)	N/A	61lb (28kg)
	Trap Table/Cadillac	25.5" (64.77cm)	28.5" (72.39cm)	86" (218.44cm)	N/A	190lb (86kg)
	Contrology Cadillac	23.7" (60.2cm)	25.5" (64.8cm)	86" (218,4cm)	N/A	245lb (111.1kg)
CHAIR	Combo Chair	25.63" (65.1cm)	28" (71.12cm)	28.5" (72.39cm)	N/A	91lb (41kg)
	Exo Chair	24.25" (61.6cm)	23.5" (59.69cm)	29.5" (74.93cm)	N/A	36lb (16kg)
	Wunda Chair	23.75" (60.33cm)	21.5" (54.61cm)	29" (73.66cm)	N/A	58lb (27kg)
	Centerline Chair	24.25" (61.6cm)	21.5" (54.61cm)	29.25" (74.3cm)	N/A	36lb (16.3kg)
	Contrology Arm Chair	33.5" (85.09cm)	16 (40.64cm)	40" (101.6cm)	N/A	34lb (15.4kg)
	CoreAlign Without Ladder	4" (10.16cm)	23.5" (59.69cm)	66" (167.64cm)	40.75" (104cm)	94lb (43Kg)
	CoreAlign With Ladder	91" (231.14cm)	41.25" (106cm)	72.75" (184.78cm)	40" (102cm)	183lb (83kg)
	Ladder Barrel	38" (96.52cm)	36" (91.44cm)	47.25" (120.02cm)	N/A	79lb (36kg)





# Reformer Checklist

All Reformers share the same basic functionality. Balanced Body® makes several styles of Reformers to meet differing needs.

Balanced Body's classic wood Reformers are the recognized world standard for function, adjustability and beauty. While some prefer the easy storage of our portable Reformers, others need Reformers for a wide variety of body sizes, or accommodate add-on Tower/Mat Conversion for additional exercise options.

Features		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Frame		METAL	WOOD	METAL	WOOD	WOOD	METAL	WOOD	WOOD	METAL
Stock Springs		3,1,1	3,1,1	3,1,1	3,1,1	3,1,1,1	3,1,1	4	4	4
Vertical Footbar Positions		4 or 5**	5	4	4 or 5*	5	2	2	3	2
Horizontal Footbar Positions		4 or 5**	1	9	1 or 32	32	2	1	1	1
Springbar Adjustments		2	3	2	6	6	1	3	2	3
Frame Heights	Lowest	7.5" (19cm)	14" (36cm)	8" (23cm)	14" (36cm)	14" (36cm)	5.75" (14cm)	14" (36cm)	14" (36cm)	14" (36cm)
	Mid-level	14" (36cm)	-	15" (38cm)	18" (46cm)	18" (46cm)	-	18" (46cm)	-	-
	Highest	-	-	-	24" (61cm)	24" (61cm)	-	-	-	-
Transport Wheels		Included	-	Optional	-	-	Included	-	-	-
Sitting Box & Foot Straps		Optional	Included	Optional	Included	Included	Optional	Included	Included	Included
Shoulder Rest		Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Removable / Adjustable	Fixed	Fixed
Ropes or Leather Straps		Rope / Risers	Rope / Risers	Rope / Risers	Ropes/Risers/Leather	Rope / Risers	Rope / Risers	Leather	Leather	Leather
Vertical Storage		✓	-	✓	-	-	✓	-	-	-
Warranty on Frame		Lifetime	5 Year	10 Year	Lifetime	Lifetime	2 Year	Lifetime	Lifetime	Lifetime

Options and Add-Ons		Allegro	Rialto	Allegro 2	Studio	Clinical	Metro IQ	CenterLine	Fletcher	Contrology
Tower & Mat Conversion		✓	✓	✓	✓	✓	-	✓	-	✓
Jumpboards	Standard	✓	✓	✓	✓	✓	✓	✓	-	✓ <sup>1</sup>
External Frame Footbar		✓	✓	✓	✓	✓	-	-	-	-

\*Infinity footbar option expands horizontal footbar positions to 32.

\*\*Allegro Stretch has 5 horizontal footbar positions. Available Footbars limited for Stretch Reformers.

<sup>1</sup> Jumpboards for 86" & 89" only.

# Shipping / Returns / Warranties



## Shipping

Large equipment ships via freight company in cardboard boxes, unless you request a wooden crate at additional cost. Most accessories and small props ship via FedEx.

For overseas shipments, please contact us for details.

## Custom orders

Can't find something in the catalog? Please check online at [pilates.com](http://pilates.com), or call us with your custom request.

## Changes

Availability, prices and specifications are subject to change without notice.

## Warranties

For complete and current information, please visit "Warranty" at [pilates.com](http://pilates.com)

## Patents

For complete and current information on Balanced Body patents, please visit [pilates.com/patent-data](http://pilates.com/patent-data)

## Legal Notices

For complete and current information on Balanced Body trademarks and/or service marks, please visit [www.pilates.com/legal](http://www.pilates.com/legal)





## The Back Story

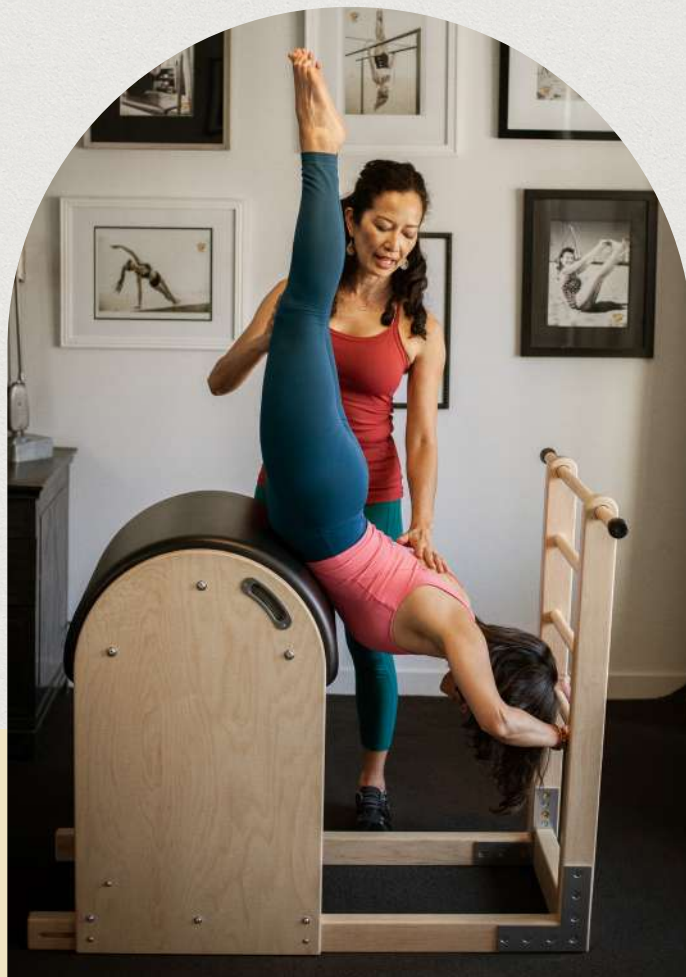
This is how Pilates equipment innovator Ken Endelman came to carry the classical Pilates apparatus torch.

---

Our Contrology® suite was born when Ken was asked to make authentic classical apparatus. The first and most critical step was to recreate the original springs. Ken then needed to understand every element that contributed to the feel and geometry of each piece.

Answers were found when Ken met Jay Grimes. Jay's first-hand knowledge of the original apparatus was a perfect match with Ken's mechanical expertise. This unlikely partnership grew out of their shared commitment to recreating "how each piece felt exercising in Joe's studio."

In 2018, we launched the Contrology Reformer, followed by the Arm Chair, Ped-o-Pul and Cadillac. Then came our Contrology Folding Mat, Reformer with Tower, Ladder Barrel and Wunda Chair.



We are now proud to debut the Contrology Spine Corrector, a piece with exact dimensions to provide the original feel Joe intended. Stay tuned for more Contrology apparatus to be available before the end of 2024!

Much of our development work still comes back to the springs — and each piece having its own specially-designed springs. They are a key ingredient in the secret sauce that is the authentic "feel" of our Contrology apparatus.

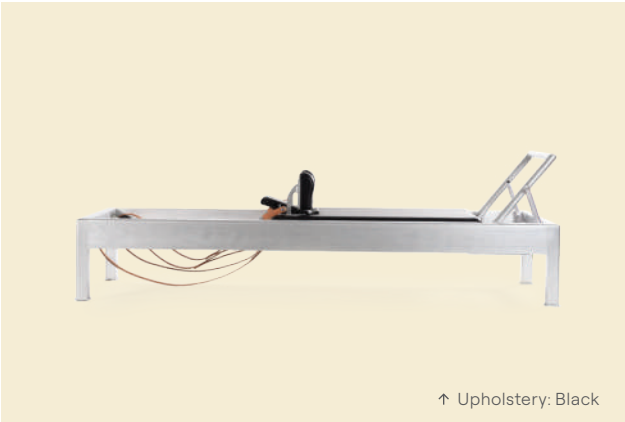
Scan for Details





CONTROLOGY®

# Reformer



↑ Upholstery: Black

INCLUDES

- ✓ Choice of 4 models: 80" (203cm) JGRIMES, 80" (203cm) custom, 86" (218cm) custom, 89" (226cm) custom
- ✓ 4 specially-developed Reformer Springs
- ✓ Uncovered metal footbar
- ✓ 2 leather and wood handles
- ✓ 36" (92cm) Maple pole
- ✓ 1 gear block
- ✓ 2 cushioning kneeling pads
- ✓ Upholstered Box
- ✓ 2 black cotton footstraps and extender straps
- ✓ 2 carriage blocks (86" and 89" Reformers only)

ACCESSORIES

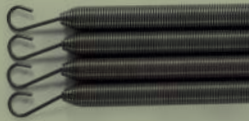
- ✓ Unpadded Footbar Cover
- ✓ Padded Footbar Cover
- ✓ Jumpboard\*
- ✓ Contrology Springs (Sold as single and box of 4)

FEATURES

- ✓ Ultra-strong and durable extruded aluminum frame
- ✓ One piece weld-free side rails are stronger and easier to clean
- ✓ Thin, dense and resilient foam on carriage for support, feedback and comfort
- ✓ Weld-free cast aluminum shoulder supports
- ✓ Deeper Springbar hooks provide proper spring angle for authentic "feel"
- ✓ Custom headrest block maintains position
- ✓ Pre-stretched and treated natural leather straps with O-rings and strap mounts adjustments in strap length
- ✓ Slight indentation in carriage pad just below shoulder rests provides positioning and feedback

SPOTLIGHT: SPRINGS

Contrology Springs are the result of our extensive research into spring design and manufacture. Joe used many different springs, some no longer available. We've resurrected certain spring styles for use on select apparatus. Give them a try – we believe you'll feel the difference!



Product	Part #
Contrology JGRIMES Reformer	16095
Contrology 80" Reformer	16472C
Contrology 86' Reformer	16472C
Contrology 89" Reformer	16472C
Limited Lifetime Warranty. 30-day money back guarantee.	



## CONTROLOGY® Reformer with Tower

### INCLUDES

- ✓ All Contrology Reformer components
- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wooden Roll Back Bar 31" (80cm) with metal "s" hooks
- ✓ One-piece drop in Mat Conversion provides seamless support and cushioning
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 3 Contrology PTB Springs
- ✓ 2 safety chains and 1 storage chain

### FEATURES

- ✓ Choose from two Reformer frames: 86" (218cm), 89" (226cm)
- ✓ One piece weld-free side rails
- ✓ Thin, dense, resilient foam
- ✓ Rigid, removable shoulder supports
- ✓ One-piece drop in Mat Conversion
- ✓ Galvanized, polished "schedule 80" steel pipe in Tower

### ACCESSORY

- ✓ Mat dowel handles

Product	Part #
Contrology 86" Reformer Tower & Mat	17424C
Contrology 89" Reformer Tower & Mat	17426C

Contrology Tower Retrofit Kit is available for pre-drilled frames. Please call us for details.



Shown: Cadillac and Airplane Board

## CONTROLOGY® Cadillac

### INCLUDES

- ✓ Wooden Push-Through Bar (PTB)
- ✓ Wooden Roll Back Bar 31" (79cm) with metal "s" hooks
- ✓ Trapeze with footstrap
- ✓ 2 Contrology Arm Springs (light) with leather handles
- ✓ 2 Contrology Leg Springs (light) with cotton loops
- ✓ 2 Contrology Roll Back Bar Springs
- ✓ 2 Contrology Trapeze Springs
- ✓ 3 Contrology PTB Springs
- ✓ 2 Safety chains and 1 Storage chain
- ✓ Large Kuna Board
- ✓ Adjustable Belly Strap

Product	Part #
Contrology Cadillac	17037
Contrology Cadillac with Toybox	17123

Limited Lifetime Warranty.  
30-day money back guarantee.



↑ Upholstery: Black



## FEATURES

- ✓ Integrated weld-free aluminum base built for strength and durability
- ✓ Canopy vertical tubing inserts run the full length of legs for significantly enhanced rigidity and stability
- ✓ Galvanized, polished schedule 80 steel pipe in canopy
- ✓ Tabletop made of thin, dense, resilient foam for support, feedback and comfort
- ✓ Slider knobs intentionally placed on side of slider for easier access
- ✓ Stronger, vintage, forged steel eye bolts on Push-Through Bar
- ✓ Adjustable clasp on belly strap enables user to tailor fit to size

## ACCESSORIES & OPTIONS

- ✓ Exclusive "Toybox" as storage for accessories and props
- ✓ Airplane Board
- ✓ Small Kuna Board
- ✓ JPack Springs: Includes two (heavy) arm springs and two (heavy) leg springs
- ✓ Neck Stretcher

CONTROLOGY®

## Ped-o-Pul

- ✓ Helps develop core strength, balance and posture
- ✓ 2 models: Standard Ped-o-Pul or the enhanced KSG/CT Ped-o-Pul
- ✓ Solid Maple wood base with rounded corners
- ✓ 2 Contrology Springs (light)
- ✓ Flexible galvanized steel pole
- ✓ Choice of handles, leather and wood or vintage wire and wood

### KSG/CT ONLY:

- ✓ Adjustable top slider with 8 vertical positions
- ✓ 2 additional hooks for Springs
- ✓ 2-way tilted base, tilts 3/4" for increased exercise challenges\*
- ✓ Bike Seat for seated exercises, adjusts to 3 positions\*

Product	Part #
Standard Ped-o-Pul	17036
KSG/CT Ped-o-Pul Complete Package	17226
<b>Accessories (KSG/CT only)</b>	
Bike Seat	16915
Tilting Base	16895

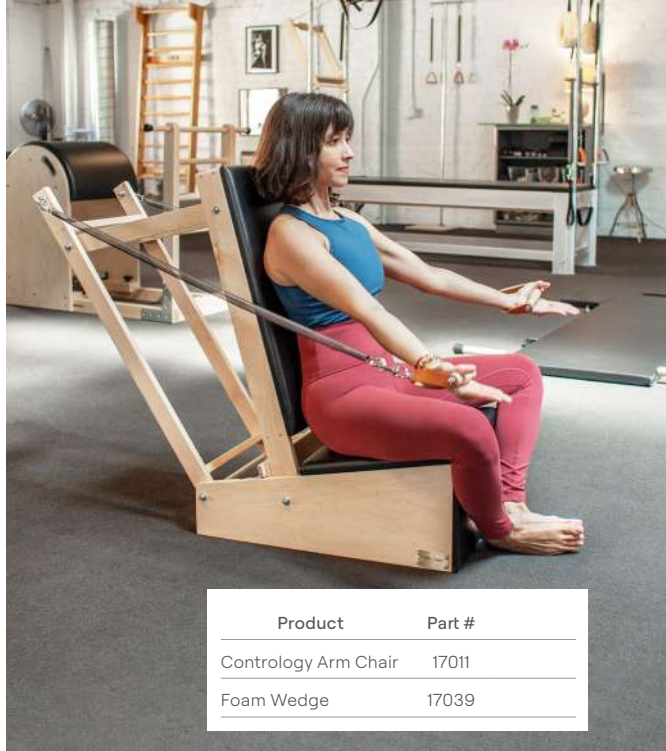
\*Included in KSG/CT complete package, and sold separately.

## CONTROLOGY® Arm Chair

- ✓ Designed to strengthen the arms, upper body and core
- ✓ Handcrafted solid maple frame
- ✓ Upholstered with thin, dense and resilient foam
- ✓ Movable seat back can tilt forward
- ✓ A (hidden) removable stopper in back frame for further reclining extension
- ✓ 2 custom-developed arm springs

### ACCESSORY

- ✓ Foam Wedge adjusts seat higher, creates level surface for kneeling



## CONTROLOGY® Wunda Chair

The Contrology® Wunda Chair is a precise recreation of the original Wunda Chair first designed by Joseph Pilates and brought to light by Kathy Stanford Grant.

- ✓ Durable blockboard with premium poplar laminate finish
- ✓ Exact dimensions of Wunda Chair created by Joe for Kathy Stanford Grant
- ✓ Mushroom shaped single, padded, non-slip step

18139



## CONTROLOGY® Spine Corrector

Using dimensions from an original Spine Corrector, our newest Contrology apparatus has the exact angles for authentic feel and function.

- ✓ Signature high-density foam for maximum stability, support, and feedback
- ✓ Precise handle placement for upper body support in all exercises
- ✓ Fully upholstered yet lighter weight frame built for strength and portability

18564



## CONTROLOGY® Folding Mat

- ✓ 1" (2.54cm) high-density foam with sturdy wooden base provides ultimate Pilates mat experience
- ✓ Seams for Folding Mat are virtually undetectable when in use
- ✓ Hidden magnetic closure holds tight for easy transport and storage
- ✓ Vinyl handles for easy transport
- ✓ Removable dowel handles turn your arm and back connection "on" for safe overhead exercises, strengthening your back and feeling your two-way stretch
- ✓ Durable, upholstered Moon Boxes (2) provide positioning assistance
- ✓ Our cotton footstrap provides support through a workout and is often used by advanced practitioners as a teaching tool, as a loose footstrap may indicate loss of center in some exercises
- ✓ Hinge seam is covered to prevent damage to surfaces

17732



## CONTROLOGY® Ladder Barrel

The Contrology Ladder Barrel is the most stable and easily adjustable Ladder Barrel available today.

- ✓ Based on Joseph Pilates' original design, including specific positioning of rungs
- ✓ Locks into 1 of 3 positions via a super-easy foot pedal, no need to stop your workout
- ✓ Premium upholstered foam padding for maximum comfort and stability

17762



5909 88th Street Sacramento, CA 95828 USA

Transforming how people look,  
feel and move for over 45 years.

Visit us at [pilates.com](https://pilates.com).



Scan for Pricing  
and Details



## 2024 ANNUAL CATALOG



Balanced Body® Educator, Surfer and Mom, Lizbeth Garcia