

Studio of the Month: Pilates Connection

[The Pilates Connection](#) is dedicated to providing the highest level of Pilates instruction to the Marina del Rey, Venice, Playa Vista, Mar Vista, Santa Monica, Culver City and surrounding areas. Pilates Connection has two studios, one in Marina Del Rey and another brand new studio opening in Mar Vista. Both studios are filled with state of the art equipment from Peak Pilates®. Our private, semi-private and group reformer sessions are designed to accommodate a variety of schedules, needs and interests. Peaceful and tranquil space nestled around a massage and nail salon, spray tan and waxing studio.

The private sessions and group classes at Pilates Connection use the Peak Pilates Reformers, Jump boards and Chairs. Pilates Connection offers sessions for beginners as well as fitness buffs that have been doing Pilates for years! Once you learn the fundamentals and groundwork the instructors at Pilates Connection continue to build and layer in new exercises with every class. The classes tone and sculpt the entire body, with special emphasis on the core.

Click [here](#) to learn more about The Pilates Connection.



To be featured as our next studio of the month click [here](#).