

STUDIO 25

REFORMER PILATES

SYDNEY HOUSE | 25 THORNE ROAD | DONCASER | DN1 2EZ

WELCOME

WHAT IS STUDIO 25?

At STUDIO 25, we specialise in Reformer Pilates — a dynamic, low-impact workout that strengthens the body, improves posture, and reduces stress. Our mission is simple: to help your team feel their best, so they can perform at their best.

WHAT IS REFORMER PILATES?

Reformer Pilates isn't a new workout by any means. In fact, it's a time-tested method that's been used for decades to strengthen the body and boost flexibility. What we now know as a trendy workout began by attaching straps to hospital beds during WW1 to rehabilitate injured soldiers, and led Joseph Pilates to create the reformer machine. The reformer features a carriage you lie or sit on, and this is attached by wheels to the frame, as well as pulleys, ropes and strings that you use to glide your body across the reformer. The reformer uses different levels of springs to provide either added resistance or decreased stability to certain exercises. A low-impact workout that builds flexibility, strength and stability – while sculpting long, lean and toned muscles – reformer Pilates ticks all the boxes.

BOOST STAFF WELLBEING, PRODUCTIVITY & MORALE WITH REFORMER PILATES



WHY IT WORKS FOR BUSINESS

- Reduce absenteeism with stronger, healthier employees.
- Boost productivity through better energy & focus.
- Enhance team morale & workplace culture.
- Retain & attract talent with a standout staff perk.
- Show staff they're valued, improving loyalty.



WHY STAFF LOVE IT

Relieves back & neck pain from desk work.
Improves posture, flexibility & core strength.
Reduces stress & boosts mood.
Accessible for all fitness levels — from beginners to athletes.
Fun, supportive, and energising atmosphere.

PARTNERSHIP OPTIONS

WE'RE OFFERING PRIVATE STUDIO SESSIONS
EXCLUSIVE CLASSES FOR YOUR TEAM IN OUR FULLY EQUIPPED STUDIO.

£85
per class

1 class per month for up to
6 employees per class

£80
per class

2 classes per month for up to
6 employees per class

£70
per class

4 classes per month for up to
6 employees per class

TAKE THE FIRST STEP

Book an Intro Session for Your Team

Let your employees experience the benefits first-hand.

☎ Phone: 01302 361371

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🌐 Website: www.studio25reformerpilates.co.uk

Follow us:  @sydneyhousewellness  Sydney House

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