

pureform  
PILATES

redefine your form





## Redefine your form

PURE proudly presents a brand new initiative, pureform Reformer Pilates! Offering group and private Reformer Pilates classes, Reformer Pilates tones your body and improves postural alignment and flexibility.

Set your sights on conquering new challenges, exploring your potential and unlocking new skills through functional and unique exercises.



## GROUP CLASSES

There are different types of group Reformer Pilates classes to support your yoga training, weight training, and body transformation goals.

### FOUNDATION CLASS

A mandatory prerequisite class that introduces the specialised equipment and the fundamental movements.



## SIGNATURE - **FLOW**

Low-impact, full-body workout.  
Suitable for beginners and  
intermediate levels.

*Controlled movement*

*Slow-paced*



## SPECIAL CLASS

Classes with special training purposes



### BURN

*High intensity*

*Muscle sculpting*



### CORE

*Core strengthening*

*Builds stability*



### CLASSICAL

*Full-body functional exercises*

*Improves postural alignment*



### GARUDA

*Fluid movements*

*Improves flexibility*



### JUMPBOARD

*Muscle strengthening*

*Cardio*



### STRETCH

*Builds mobility*

*Slow-paced*

## PRIVATE CLASSES

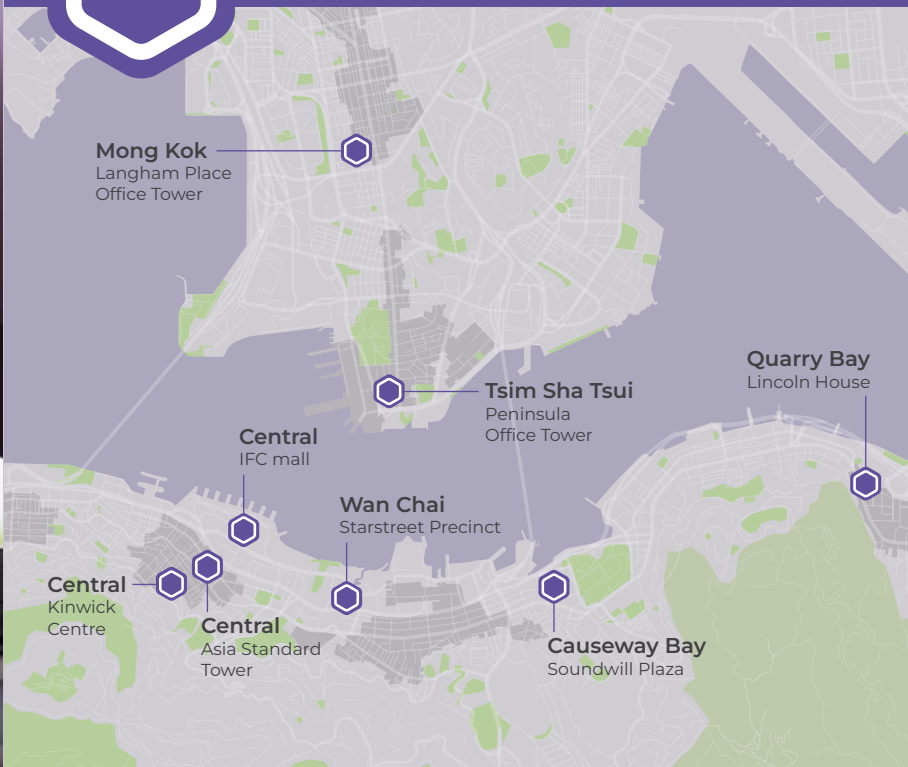
We offer Private Pilates classes with a fully equipped Pilates studio, including Reformer, Cadillac, Stability Chair and Ladder Barrels.

With state-of-the-art equipment, our certified instructors can tailor the session based on individual goals and fitness levels for a varied and effective workout.





## AVAILABLE LOCATIONS



### Mong Kok

Langham Place  
Office Tower

### Tsim Sha Tsui

Peninsula  
Office Tower

### Quarry Bay

Lincoln House

### Central

IFC mall

### Wan Chai

Starstreet Precinct

### Central

Kinwick  
Centre

### Central

Asia Standard  
Tower

### Causeway Bay

Soundwill Plaza


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