



A boutique classical pilates experience

A calm, intimate studio rooted in strength, control and community

intimate atmosphere

Classes are intentionally kept small so that each client receives personal attention and guidance.

proper technique

Classical Pilates instruction from Beth, with over 25+ years experience. Focus on precise cueing, control, centreing, and purposeful progression.

fun + welcoming

Familiar faces, a welcoming atmosphere, and plenty of encouragement and fun along the way.





what to expect

Private attention.
Small-group connection.

I'm so pleased to welcome you to my studio!

Symmetria is an intimate boutique Pilates studio dedicated to the classical Pilates method, with an emphasis on thoughtful instruction, proper technique, strength, control and individual attention.

Whether you are joining a group class, semi-private session or private session, my goal is to create a welcoming environment where you can learn, progress and feel confident in your movement.

You'll be working with classical Pilates principles and equipment in a relaxed, supportive studio setting. Exercises may be adapted to suit your individual experience, ability and needs while still remaining true to the method.

Please wear comfortable clothing that allows you to move freely. Arriving a few minutes early gives you time to settle in and helps us begin the class together and on time.

Thank you!

Beth





class descriptions

Each class offers a different way to build strength, control, mobility and confidence while staying rooted in the classical method.

Apparatus Level 1–2

Build your classical Pilates practice through dynamic Level 1–2 exercises on the Reformer, Low Chair, Tower and Barrels. Each piece of apparatus offers a different kind of support and challenge, helping you develop greater strength, control, coordination and confidence in your movement.

With a small class size and plenty of individual attention, you'll have space to explore the system, refine your technique and continue progressing through the classical method.

Mat with Props Level 1–3

Explore Levels 1–3 of the classical Mat Pilates system in a dynamic class designed for beginner to intermediate participants. We'll incorporate props including the Magic Circle, Half Barrel, weights, foam rollers, bands and Pilates balls to support, challenge and deepen the work.

You'll develop strength, mobility, balance and control while gaining a better understanding of how each exercise connects within the larger Pilates system.

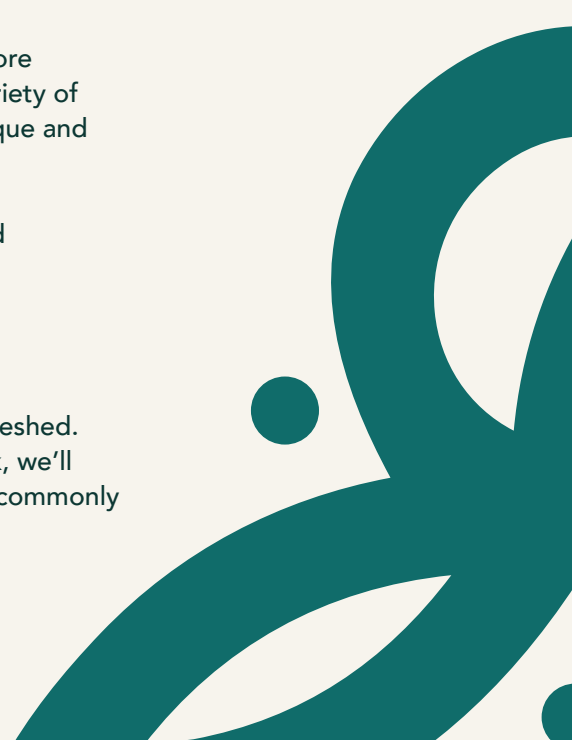
Intro to the Pilates System

Begin with the foundations of classical Pilates in an intimate class of no more than four participants. You'll be introduced to the Pilates system and a variety of apparatus while receiving personal guidance in alignment, control, technique and movement quality.

Perfect for beginners, these sessions help you build strength, mobility and confidence while creating a strong foundation for your Pilates practice.

Express: Revitalize + Reset — 45 Minutes

A focused 45-minute class designed to help you move better and feel refreshed. Through a thoughtful blend of Pilates-based movement and mobility work, we'll focus on joint decompression, muscular length, circulation and areas that commonly hold tension — including the neck, shoulders, lower back and hips.





fall schedule

small-group classes

MONDAY

9AM **Intro to The Pilates System**
Two introductory classes required.

TUESDAY

4:30PM **Apparatus Level 1/2**
Level 1-2 exercises on the Reformer, Low Chair, Tower and Barrels

5:35PM **Mat with Props Level 1-3**
Develop strength, mobility, balance and control while gaining a better understanding of how each exercise connects within the larger Pilates system

WEDNESDAY

9AM **Semi-Private**
Limited spots available

10:05AM **Apparatus Level 1/2**
Level 1-2 exercises on the Reformer, Low Chair, Tower and Barrels

5:50PM **Intro to The Pilates System**
Two introductory classes required.

THURSDAY

Private + Semi-Private Sessions
Appointments available between 8:00 AM-3:00 PM.

FRIDAY

9AM **Intro to The Pilates System**
Two introductory classes required.

10:05AM **Apparatus Level 1-3**
Progress through a broader range of classical Pilates exercises on the Reformer, Low Chair, Tower and Barrels.

12PM **Express: Revitalize + Reset (45min)**
A focused 45-minute class designed to help you move better and feel refreshed.

SATURDAY

10:30AM **Mixed Apparatus**
A varied class using different pieces of Pilates equipment each week.

**For booking + updates, please contact Beth
(250) 878-1835**

Schedule subject to change. Confirm current availability when booking.

**Don't forget to fill out
your intake form!**

Scan the code





policies

These policies help keep classes running smoothly while maintaining the small, personal atmosphere. Thank you for your understanding and cooperation!

Payment

All classes, semi-private sessions and private sessions must be paid in full at least 3 days before your first session. Payment may be made by cash or e-transfer.

3-Month Programs

Registration is for the full 3-month program and payment is made up front. Your registration reserves your place for the duration of the program.

Cancellations

Please provide at least 24 hours' notice if you're unable to attend a class or session.

Make-Up Classes

For the Fall Pilates Bring-a-Friend Program, one group make-up class may be offered during the 3-month program for clients who provide at least 24 hours' notice when missing a class. **Make-up classes are subject to availability.*

Private + Semi-Private Sessions

With at least 24 hours' notice, private and semi-private sessions may be rescheduled. Late cancellations and missed appointments are non-refundable.

Illness or Injury

If an extended illness or injury keeps you from participating, please reach out and I will do my best to find a fair and thoughtful solution based on your situation.

Arrival

Please arrive 5 minutes before your scheduled class so everyone can settle in and begin on time and enjoy your full hour of class.

Studio Courtesy

Please let me know before class about any injuries, physical limitations or changes that may affect your movement. Comfortable clothing that allows you to move freely is recommended.





studio essentials

Everything you need to know before you arrive for your session.

Studio address

3508 Galloway Rd. West Kelowna BC V4T1J1

Studio entrance is at the bottom of the driveway.

Parking

Parking is available on the gravel along the front of the lawn.

What to bring

Water bottle, grip socks if you prefer to bare feet

A note about *Maya the Labrador*

Maya, our friendly studio dog, may be around during your visit. If you have any allergies, sensitivities, or concerns around dogs, please let me know ahead of time and I'll be happy to make arrangements.



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Scan the code



For more information, please contact Beth (250) 878-1835