

TELOS Team Training Launch

Choose your Trainer, Team, and Time!

Invest in your self in the New Year, and team up with one of our elite Pilates instructors and resolve to tone and transform yourself with Pilates.

Sign up for TELOS Pilates Team Training and take your training to the next level.



Train “4” Your Core

Team of 4 participants

Tailored sessions to tone and transform the body with Pilates

Fee: 8 Classes for \$280 (\$35 per class)

Pick your trainer, team, and time!

Refine your Reformer Series

Team of up to 4 participants

Refine your skills on the Reformer and take your Pilates training to the next level.

Levels I, II, and III

Fee: 8 classes for \$280 (\$35 per class)

Pick your trainer, team, and time!

Classes are available upon request and reservations are required.

Contact Veronica, Pilates Director, to register.

972.386.2521