



Reform Your January with Reformer

Unleash Your Inner Strength

Step gracefully into the New Year with renewed strength, balance, and alignment. Throughout January, Serenity Temple offers an **exclusive 10%** privilege on all Reformer Pilates sessions.

Each class is designed for an intimate group of up to four participants, ensuring personalized attention and a harmonious practice. We recommend advance reservations to secure your preferred time.



60 minutes – Price: \$108 – Additional Person: \$30

Balanced Art of Reformer Pilates is a focused session built around controlled core work, leg-strengthening sequences, and versatile Reformer movements that engage both small and large muscle groups. The class flows through intentional transitions, precise alignment cues, and mindful breathwork, creating a structured yet fluid practice where each exercise is performed with balance, rhythm, and refined technique. Each sequence is thoughtfully layered to deepen body awareness and encourage precision in every movement. The pace remains steady and attentive, allowing you to explore strength, control, and coordination within a grounded, mindful environment

Terms & Conditions. Prices are in US Dollars and includes all taxes. We encourage in advance spa appointments to ensure your session is available. Reservations constitute a confirmed appointment and are guaranteed with your villa number confirmation. We will be happy to assist with a personalized consultation before session that will be private and confidential. Contact Spa reception 3 hours prior to your appointment for rearrangement within the day, subject to availability. Full session charges will be levied for no shows and late re-scheduling notice. Late arrivals will result in customizing your service to fit the remaining reserved time as courtesy to our next guest. The Spa Temple reserves the right to modify, cancel or postpone session due to unforeseen circumstances. We welcome guests from 16 years of age for fitness sessions. Proper fitness attire is required to enjoy session.