



# THE WELL



*a boutique pilates studio specializing in private and small group classes led by Kathryn Stoneman.*

Discover the transformative effects of Pilates with Kathryn. A modality that is bespoke to you, changing not only the way your body looks, but also the way it feels to move in it.

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Our **individualized** classes incorporate both **mat** and **equipment** work. Moving the student through a classical and contemporary Pilates repertoire: and, across a range of equipment- as Joseph Pilates intended the method to be practiced. His original six principles of Pilates: **breath, concentration, control, precision, center** and **flow** are not only incorporated in the practice, but into the very fiber of our community.

We are committed to keeping class sizes small for a more personalized instruction, allowing us to challenge the client- ensuring you make the most of your time.

**Whether you're returning to movement, or looking to elevate your current workout, The Well will meet you where you are at.**



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Fusing classical Pilates, with contemporary knowledge. Kathryn's teaching is reflective of a movement methodology grounded in evidence, backed by science, driven by passion and practiced with purpose.

Kathryn's method was born through rehabilitation. After receiving a diagnosis of a rare connective tissue disorder in her mid twenties, Kathryn was advised to try Pilates to rebuild balance, strength and mobility to avoid surgery and a life of pain - That introduction to Pilates changed her treatment prognosis, perspective and opened her eyes to a life she had never imagined possible.

As a result, she decided to leave legal practice to pursue a career in Pilates, wishing to share its transformative effects with others.

Kathryn trained and got certified with Scott, Balanced Body and Peak Pilates in Canada and the UK, and has taught in Tulum, Toronto, and now Nassau for almost a decade.

**FOR MORE INFO  
& TO BOOK:**

**[wellness@the-island-house.com](mailto:wellness@the-island-house.com)  
1-242-698-6300**

## PRICING

### MEMBERS

#### PRIVATE SESSIONS

single session: \$140

10-sessions: \$1,300

#### SEMI-PRIVATE SESSIONS

single session: \$170

5-sessions: \$700

#### TRIO-PRIVATE SESSIONS

single session: \$210

5-sessions: \$900

#### QUAD-PRIVATE SESSIONS

single session: \$240

5-sessions: \$1,000

### NON-MEMBERS

#### PRIVATE SESSIONS

single session: \$160

10 sessions: \$1,500

#### SEMI-PRIVATE SESSIONS

single session: \$190

5-sessions: \$800

#### QUAD-PRIVATE SESSIONS

single session: \$280

5-sessions: \$1,200

#### PLEASE NOTE:

All sessions are 50 minutes. | 10% VAT is added to all bills. | Session packages must be paid full in advance before begin of class. | Packages expires within 3 months of purchase | Classes are non-transferrable | To avoid cancellation fees, all booked sessions must be canceled with a minimum of 24 hours notice by emailing: [wellness@the-island-house.com](mailto:wellness@the-island-house.com)