

Made to Move

Corporate Pilates Wellness Services



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Made to Move brings movement, strength, and calm into your workplace, enhancing posture, relieving tension, and fostering a culture of wellbeing. Our sessions are designed with your team in mind: gentle, professional, and human-focused, helping everyone feel their best at work.

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What We Offer

45-Minute Weekly Sessions – delivered on-site across London. Our corporate Pilates sessions are carefully designed to:- Strengthen and restore core muscles and posture- Relieve tension from desk-based work- Increase energy and focus- Encourage mindful movement and relaxation- Provide a safe, inclusive space for all fitness levels Each session blends gentle Pilates exercises, stretches, and practical movement strategies suitable for everyday office life.

Pricing packages

Package details	Details	Price
Bronze	6 weekly 45min sessions Up to 10 participants	£330 £55/session
Silver	6 weekly 45 min sessions 11-15 participants	£390 £65/session
Gold	6 Weekly 45-min sessions + (custom pricing for 16+ participants or larger team size)	£450

Next Steps

Bring movement, calm, and strength to your team with Made to Move. Contact us to discuss your team size, preferred schedule, and any tailored requirements. Together, we can create a program that nurtures wellness and boosts productivity in your workplace.

For Further Inquiries

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