

DUET PARTNER TRAINING

Seeking a duet partner? Consider getting someone close to you involved; mom or dad, sister or brother, husband or wife, friend or co-worker, etc...

Remember, Pilates is an excellent (and challenging!) exercise form for both men and women! So anyone interested in improving their body awareness, building their core strength, and improving their flexibility and balance would benefit from Pilates!

If you would like to seek a like-minded Pilates enthusiast who is also interested in Duet Training, but does not currently have a partner, simply fill out the information below. South Tampa Pilates will try to find you another Pilates student who may be seeking a Duet partner also.

Name: _____

Email address: _____

I prefer a Duet Partner with the following criteria-

Male or Female: _____

Age Range: _____

Pilates Skill Level: beginner, intermediate, advanced

Session Times: morning, afternoons, evenings

Desired Days: Monday, Tuesday, Wednesday, Thursday, Friday

NOTE: South Tampa Pilates will search our database of clients seeking other Duet Partners and will determine if there is a match for you! We will then contact both students, and introduce you through email. You may then determine if you would like to set-up your Duet Private Training sessions!