



Downtown Pittsburgh
900 Penn Avenue -
Cultural District

LEADERS WHO INVEST IN WELLNESS, INVEST IN RESULTS

Why it's different:

- ✓ 1:1 attention
- ✓ Private Studio or Zoom
- ✓ Flexible scheduling
- ✓ No Group Class Awkwardness
- ✓ Monthly Reports
- ✓ **DISCOUNTED RATES**

♥ Hi, I'm Kim Stokes.

I help women and others reset their body, mind, and life through private Pilates, intuitive coaching, and transformational travel.

If you're ready to feel like yourself again — here's how we can work together.

How it Works:

Choose your package → Prepay → Distribute digital coupons → Employees book → You receive usage reports.



BOOK ONLINE

www.PilatesSol.com



Pilates

No classes. No judgment. Just you and the reformer — in a peaceful studio built for your rhythm.



Coaching

Get unstuck and back to yourself. These 1:1 sessions are designed for clarity, confidence, and real transformation.



Travel

Let's design a trip that moves your soul. I'll help you plan it — and I can book it too.

***Corporate Wellness
Packages Available***