



PLATINUM
PILATES

Our Mission:
**To educate and empower our clients
to achieve their best body**

At Platinum Pilates, we offer the finest in products and services designed to help educate and empower you to achieve your best body. Pilates is mental and physical conditioning for strengthening core muscles and achieving optimum body awareness, muscle tone, and flexibility. At Platinum Pilates, we focus on three key elements of total body conditioning: Pilates, cardiovascular conditioning and nutrition.

Why Platinum Pilates? In one word: Personal. Our approach focuses on each individual client in terms of their personal goals, challenges, and motivations in order to assist clients in achieving ultimate health and wellness. We have experience with a diverse clientele and a focus on personal satisfaction. We can make you feel empowered to achieve a strong, healthy body!

Platinum Pilates is your trusted professional Pilates studio. Our staff is comprised of individuals who have received professional credentials, making them experts in the fields of Pilates, cardiovascular conditioning and nutrition.

What Are People Saying About Platinum Pilates?

"I thought that I could learn Pilates on my own. Now, I come to Platinum Pilates for a challenge. Each week, I learn something new about Pilates and my physical potential. I look forward to every workout."
Barry Bulifant, PGA Golf Pro

"When I first came here, I could hardly move my neck. There were Pilates exercises that I could perform at that time that made me feel better. After a planned spinal fusion, these exercises helped me to rehabilitate my body. Now, I am able to do things with my body that I never thought possible!"
Shelley Kollar, Navy Nurses Corps

"Every day, I juggle preschool schedules, room mother obligations, and family errands. I am always helping someone with something. At Platinum Pilates, I focus on me. My workout demands my full attention, taking my mind off my many responsibilities and placing it on me, my body. Here, I work to make my body strong and flexible and it feels good."
Joy Lyon, Full-time Mother

Platinum Pilates

Owner – Catherine Earp

has an extensive background in Pilates, Dance, and Fitness. In 1999, she earned her B.A. in Dance and Economics. In 2001, she completed a 700-hour apprenticeship in the Pilates Method under the tutelage of Romana Kryzanowska, Master Teacher trained by Pilates creator, Joseph Pilates. She is also certified by the American College of Sports Medicine as a Health Fitness Instructorsm. She has taught classes and workshops at Inlet Fitness, Norfolk Academy, Old Dominion University, SEAL Team 8, St. Olaf College, Universal Movement, Virginia Ballet Theater, Virginia Beach Adult Learning Center, and Wareing's Gym.

Exercise Physiologist - Catherine Bagaglio
MS, Exercise Science, ACSM Health Fitness Instructorsm certified

Dietitian - Laura Bilak
MS, Exercise Science, RD

Cancellation Policy:

As we believe that it is our responsibility to help you stick to your workout and diet plans, we will hold you accountable for any appointments not cancelled 24 hours in advance.