



ARCATA CORE PILATES STUDIO

We are dedicated to providing safe, experienced, and knowledgeable service in the field of Pilates exercise.

Our skilled, certified and experienced instructors work to enhance the personal health of Humboldt County residents. Our wonderful staff and environment aim to enhance your quality of life in our beautiful, fully equipped, upscale and peaceful studio.



We offer:

- Ariel Yoga
- TRX fitness
- Barre Classes
- Private Sessions
- Group Mat and Reformer
- Pilates for Dancers & Seniors

707-845-8156

901 8th St. Arcata, CA

arcatacorepilatesstudio.com

We love hearing from you!

Call now for information about our studio - & to
book your first session with us!