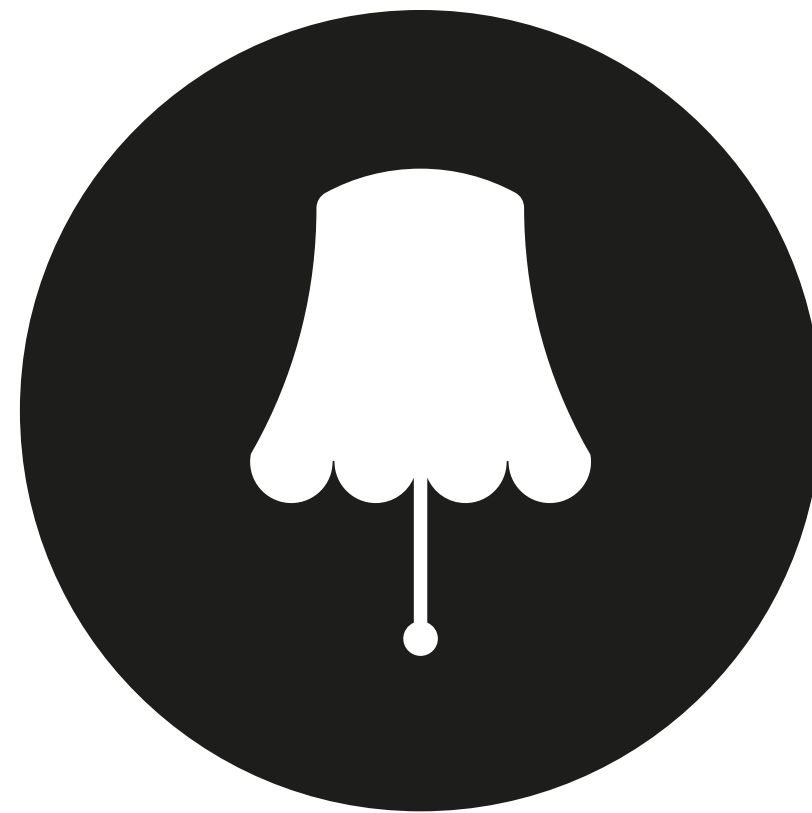


# OUR VALUES OUR SPIRIT

THESE DEFINE THE PILATES STUBE'S  
CULTURE - OUR IDENTITY, OUR ACTIONS,  
OUR ESSENCE.



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## TOGETHERNESS

WE COLLABORATE FOR  
A WHOLESOME EXPERIENCE

At the Pilates Stube, we believe in interconnectivity. Community is at the heart of everything we do. We cultivate inclusivity, connect with those who incorporate our philosophy, and collaborate as a team, nurturing growth and inspiration together.

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## FAIRNESS

WE ARE COMMITTED TO RESPECT

Every voice is listened to and we build on transparency. We honor the principles of the original Pilates method and ensure that everyone has a fair and supportive experience.

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## CONSTANT IMPROVEMENT

WE GROW THROUGH LEARNING

As a team and as individuals, we strive for growth and progress by constantly learning from our experience. Choosing to ask questions at all levels, open minds, and a willingness to explore new ideas give us momentum.

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## AWARENESS

WE PROVIDE MINDFUL GUIDANCE

We take a holistic approach and bring mindfulness into our work as well as the look and feel of the Pilates Stube. We go the extra mile, all while understanding the needs of the team, our own bodies and listening to our intuition.