

PLATINUMpilates

Where Wellbeing Works

Wellness programs are one of the best ways to align company goals with the health and well-being of your employees. They clear a path for employees to incorporate their personal well-being into their work, as opposed to handling work and wellness as separate entities.

Join the Tribe by making Platinum part of your corporate wellness strategy we offer more than just Pilates – a new wave of Dynamic Reformer Pilates Classes and Physiotherapy to help your team regain control, power, strength, and flexibility for a strong body and mind – free from injury and pain, and full of confidence



In Studio classes



Breath Works, & Sleep Works for Better Performance and Stress Management



Work from Home Wellness



Physiotherapy, Movement Assessments



Sitting & Posture Workshops & Back Care



Tailored workshops for Golf, Running, Horse Riding, & Triathlon



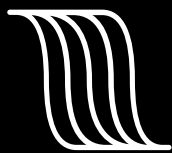
Full day or half-day
Private Group Sessions
1-1 Movement assessments & individual plans



Access to over 300 classes 7 days a week across 5 studios
Full Access to our Virtual Library for those working from home

OR A HYBRID OF ALL THE ABOVE

PLATINUMPILATES



We are Platinum

WATCH THE VIDEO
TO LEARN MORE

Wellness programs can strengthen the commitment of the individual to the company.

It's a reciprocal relationship; employees who feel cared for are likely to match that feeling in commitment to the company. At Platinum we believe the challenge you feel today is the strength you'll feel tomorrow.

Get ready to attain optimum form & performance with Platinum Pilates.

Some of our Corporate Clients

accenture

EVERSHEDS

Hockey Ireland

Irish Life

KBC

laya
healthcare
proudly part of AIG

LEINSTER
RUGBY

KPMG

MAPLES
GROUP

Vhi
HEALTHCARE

Get in Touch Today

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