



Epiphany Pilates to Offer Free Mat Class in Old Town Square

New Pilates Studio to Open in the City of Fairfax Kicks off Grand Opening Celebration with a Free Mat Class in Old Town Square

FAIRFAX, VIRGINIA , USA, September 8, 2017 /EINPresswire.com/ -- Epiphany Pilates, a fully-equipped Pilates studio scheduled to open later this month in Fairfax, Virginia, will offer a complimentary mat class in Old Town Square on Tuesday, September 12, 2017 at 6:30pm.

"We are so excited about our new location in the City of Fairfax and have decided to kick off our grand opening celebration with an event for the entire community," explains Eurona Tilley, the owner of Epiphany Pilates. "We firmly believe that Pilates is for everyone and this is the perfect way to give something back to the city that has been so welcoming to us."

This free 55-minute class will be suitable for all fitness levels, focusing on functional movement to build strength and flexibility while promoting mind-body awareness, balance and control. Participants are encouraged to bring their own mat and water bottle to Old Town Square, which is located at 10415 North Street in downtown Fairfax.

Since originally opening in Falls Church in 2014, Epiphany Pilates has offered a full range of group and specialty classes including, Pilates, BootyBarre®, and Yoga. The studio also features an exclusive Prenatal & Postnatal Program, which includes specially-designed Pilates and barre fitness classes for new and expectant moms.

Scheduled to re-open by the end of September in Fairfax, Virginia, Epiphany Pilates will be conveniently located at 9416 Main Street in the Pickett Shopping Center at the intersection of Main Street (Route 236) and Pickett Road.

"From the very beginning, our goal has always been to create an encouraging space to help those in our surrounding area achieve their fitness goals," explains Ms. Tilley. "It's such an honor to continue this mission in a bigger, more accessible location within the City of Fairfax."

"I remember the first time that I walked into a Pilates studio well over a decade ago," she continues. "Overweight and out-of-shape at the time, I never felt like I completely fit in at that studio. At Epiphany Pilates, we wanted to create a space where people of all shapes, sizes, and ages could experience the benefits of Pilates without feeling judged or intimidated or, simply, out of place. In fact, our goal has been to provide a 'home away from home' where clients can explore the connection between mind, body and spirit on their individual quests for health and wellness."

About Epiphany Pilates

Since opening in 2014, Epiphany Pilates has helped hundreds of men and women in Northern Virginia discover the "Pilates difference", improving their strength and flexibility while helping them achieve their wellness goals.

Featuring state-of-the-art BASI Systems Pilates equipment and a full schedule of morning, midday and evening classes, Epiphany Pilates has been voted "Best Pilates Studio" five times ~ Best of Falls Church 2015, Best of Fairfax 2015, Best of Falls Church 2016, Best of Falls Church 2017, and Best of Fairfax 2017. The owner, Eurona E. Tilley, PMA®-CPT, was voted "Best Pilates Instructor" in Best of Fairfax 2017.

The studio is fully-equipped, including a spacious area with 6 Reformers, 6 Wunda Chairs, 6 Towers, 6 Step Barrels, a Cadillac, Arm Chair Set with Ladder Barrel, as well as a Ped-O-Pull. In addition to private and semi-private training, Epiphany Pilates offers a range of Pilates equipment classes as well as Pilates Mat, Pilates Suspension, Vinyasa Yoga, Restorative Yoga Family Yoga and BootyBarre® classes.

Epiphany Pilates is conveniently located at 9416 Main Street, Fairfax, Virginia, in the Pickett Shopping Center at the intersection of Main Street (Route 236) and Pickett Road.

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