

# Pilates on the Plains

Home    About    Our Team    Classes    Other Services    Contact

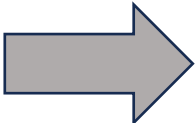
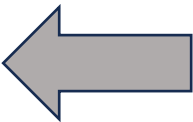
Moving video (no audio)  
or photographs in this  
large window.

Clickable button overlaying the  
video/images. I also think  
“Register for a class” could be  
another language option here.



Sign up for a class

If we end up putting images in this  
window instead of video, they could  
be in a scrollbar. One large image in  
this window at a time. Users can click  
these arrows to scroll through the set.



Testimonials/reviews @ ~50 words each

## Cassie, 27

Becky’s classes are  
challenging, wellsd sd  
rounded, and fun!dsd  
Lorem ipsum dolor sit  
amet, conturefisfdf  
adipiscing elit, sed do  
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## Deborah, 53

Becky’s classes aresd  
challenging, wellsdsd  
rounded, and fun!ds  
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amet, conturdsdsds  
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## Rachel, 36

Becky’s classes are  
challenging, wellsd  
rounded, and fun!sd  
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amet, contursdsdsd  
adipiscing elit, sed do  
eiusmod temporsdsd  
incidunt ut labore et.

## Nancy, 72

Becky’s classes are  
challenging, welldfdf  
rounded, and fun!  
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amet, contursdsdsdd  
adipiscing elit, sed do  
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incidunt ut labore et.

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(444)444-4444

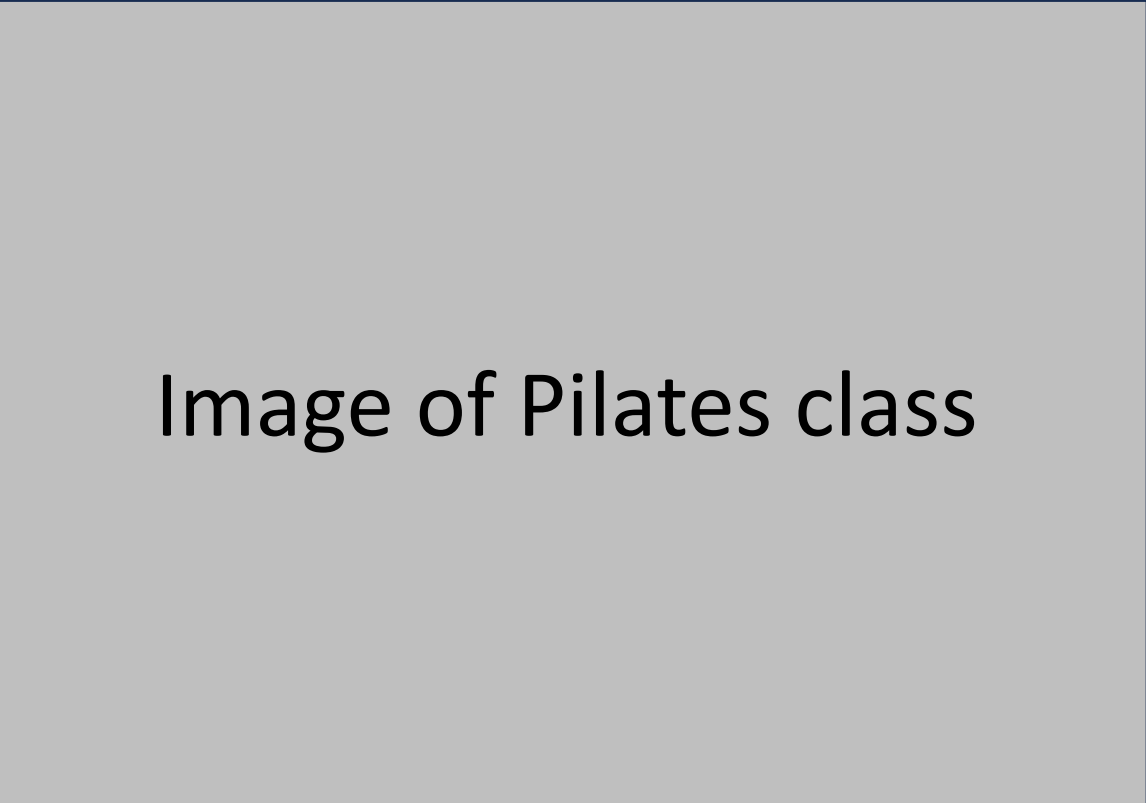
140 N Dean Rd.  
Auburn, AL 36830



# Pilates on the Plains

## About

Pilates on the Plains is a boutique Pilates studio located in Auburn, AL, focusing on semi-private and private training. With over 15 years of experience in the fitness industry, it is our desire to serve and assist you in reaching your wellness goals through the amazing work of Joseph Pilates.

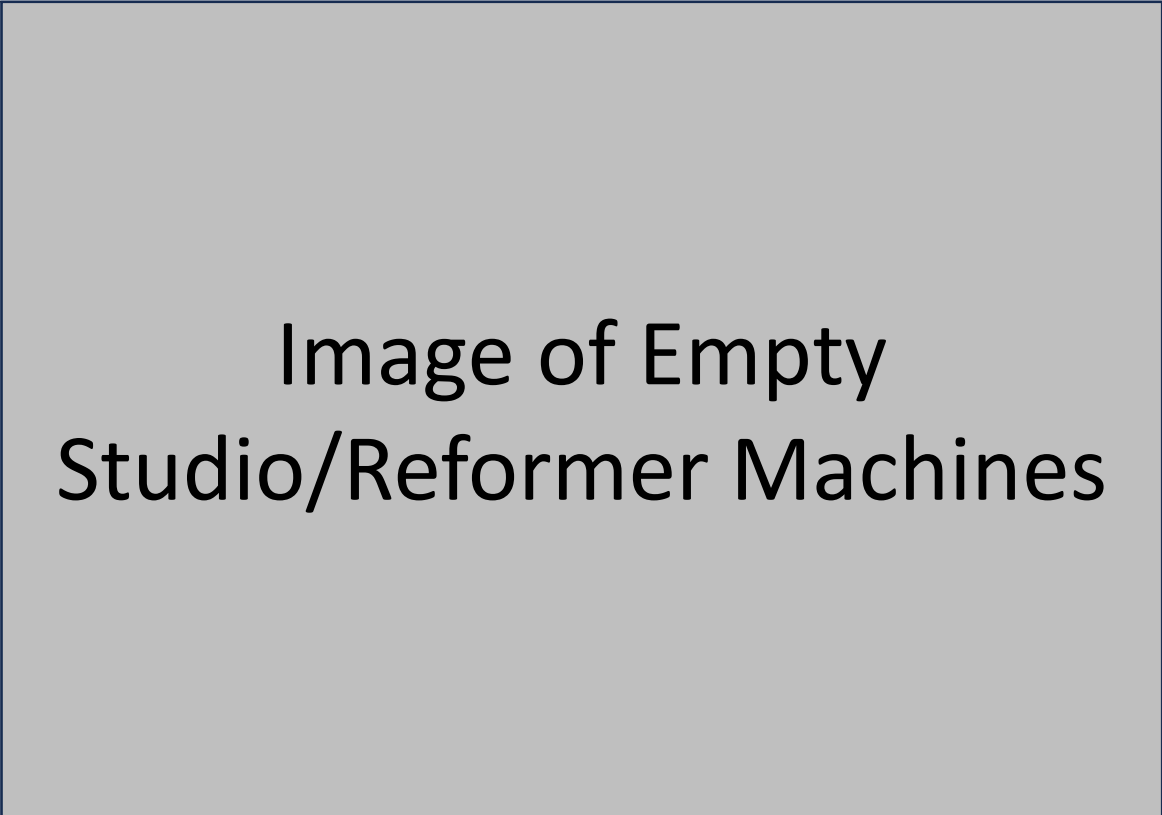
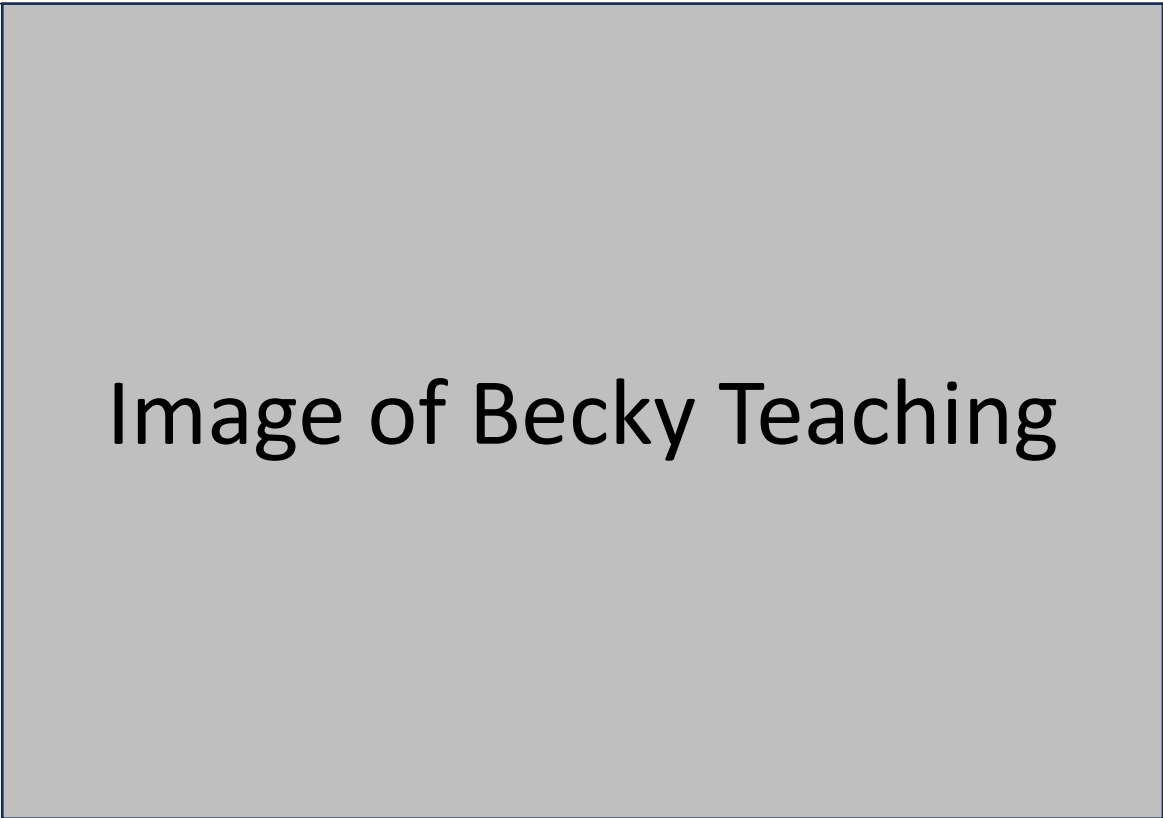


### Mission

Brief ~25-50-word blurb on POTP mission & focus areas. Dfg dsfshgsdh ghdfgh dfghfghdfg hdfghdfg hdf ghdferteryaeryaetg.

### Teaching Philosophy

Brief ~25-50-word blurb on POTP teaching philosophy. Dfg dsfshgsdh ghdfgh dfghfghdfg hdfghdfg hdf ghdferteryaeryaetg.



### Our Studio

Brief ~25-50-word blurb on POTP studio, # of reformers, etc.. Dfg dsfshgsdh ghdfgh dfghfghdfg hdfghdfg hdf ghdferteryaeryaetg.

## Our Team



### Becky Anders

**Becky Anders** Eos cupiditate pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam et sequi provident. Id sunt sunt vel repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt ut deleniti deleniti ut consectetur soluta. Et culpa magnam aut ipsa galisum non quas tenetur et aliquid Quis ut nesciunt animi vel internos excepturi. Eos cupiditadsfg pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam et sequi provident. Id sunt sequin vel repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt ut deleniti selenite ut consectetur soluta. Et culpa magnam aut ipsa galisum non quas tenetur et aliquid Quis ut.



### Liz Zenas

**Liz Zenas** is an athlete turned coach, and accredited practitioner. Liz holds a bachelor’s degree in Exercise Science from Oakland University in Rochester, Michigan, and is a Certified Personal Trainer through the National Strength and Conditioning Association. Liz has continuing education credits and certifications in prenatal and postpartum exercise, BOSU specialty, TRX, Silver Sneakers, 200-hour RYT, lifestyle coaching, and has studied Pilates under POTP owner Becky Anders. Since 2015, Liz has worked in the Auburn-Opelika area with clients battling neurological diseases and cancer diagnoses. She and her husband Steve live in Opelika with their two children. Liz strives to help all individuals find a love for fitness and looks forward to helping you on your wellness journey.



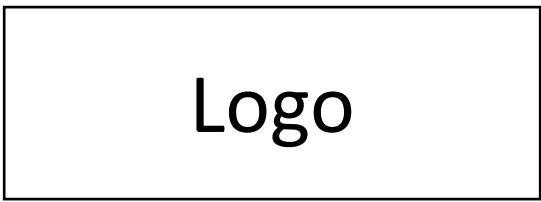
### Summer Vaughan

**Summer Vaughan** Eos cupiditate pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam et sequi provident. Id sunt sunt veldfgdfgdfg repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt ut deleniti deleniti ut consectetur soluta. Et culpa magnam aut ipsa galisum non quasdsfgsdf tenetur et aliquid Quis ut nesciunt animi vel internos excepturi. Eos cupiditate pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam etdfig sequi provident. Id sunt sequin vel repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt ut deleniti selenite ut consectetur soluta. Et culpa magnam aut ipsa galisum non quas tenetur et aliquid Quis ut.

### Sara Caitlin Headshot

### Sara Caitlin Kelleher

**Sara Caitlin Kelleher** Eos cupiditate pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam et sequi provident. Id sunt sunt vel sdfsfg gdfg repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt utfgd deleniti deleniti ut consectetur soluta. Et culpa magnam aut ipsa galisum non quasdfgdf tenetur et aliquid Quis ut nesciunt animi vel internos excepturi. Eos cupiditate pariatur id aperiam labore et nesciunt assumenda eos velit consectetur eos quae laboriosam et sequi provident. Id sunt sequin vel repudiandae quia est aspernatur quidem. Qui laborum dolorem sit quia nesciunt ut deleniti selenite ut consectetur soluta. Et culpa magnam aut ipsa galisum non quas tenetur et aliquid Quis ut.



# Pilates on the Plains

For reference, I’m modeling this after the “Our Services” page template on the Wix design you shared with me. I think this class page could follow the same structure with minor tweaks!

## About Our Classes

Brief informational blurb (~100 words?) about POTP classes. This will include the average size of classes, a brief explanation of Becky’s teaching philosophy (mix of traditional and modern Pilates practices, and **emphasize that firstregistering-time clients should book a one-on-one private lesson before for a group class.**

## Classes

My idea is that for each class, only the first sentence will be visible in this condensed listing. If users want to read more about the class, they have the option to expand the blurb for each specific class.

ALSO, with pricing, Becky offers a 10% discount to college students. I feel like that info should be included on this page. Maybe there’s a nifty way we can work that information onto this page.

### Intro to Pilates

Pilates mat (insert blurb (~50-75 words) describing Intro pilates mat class . . . Expand

50 minutes

\$17

### Pilates Mat

Pilates mat (insert blurb (~50-75 words) describing traditional pilates mat class . . . Expand

50 minutes

\$17

### Pilates Equipment

Pilates mat (insert blurb (~50-75 words) describing pilates equipment . . . Expand

60 minutes

\$27

### Yogalates

Pilates mat (insert blurb (~50-75 words) describing yogalates class . . . Expand

50 minutes

\$17

### Bounce and Sculpt

Pilates mat (insert blurb (~50-75 words) describing bounce and sculpt class . . . Expand

30 minutes

\$17

### Advanced Pilates Equipment

Pilates mat (insert blurb (~50-75 words) describing Advances pilates equipment. . . Expand

60 minutes

\$27

### Strong Like a Mother

Pilates mat (insert blurb (~50-75 words) Sara Caitlin’s Strong Like a Mother Class. . . Expand

60 minutes

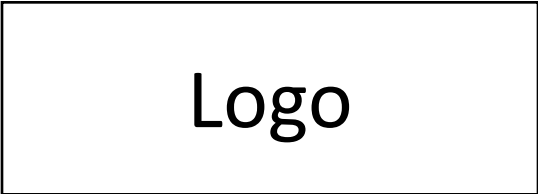
\$17

LOGO here?

Facebook handle  
Insta handle

potp@email.com  
(444)444-4444

140 N Dean Rd.  
Auburn, AL 36830



# Pilates on the Plains

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## Nurture - Therapeutic Massage Therapy

[About](#)

[Contact](#)

## Prenatal & Postpartum Exercise Services

[About](#)

[Contact](#)

## Nutrition Counseling

[About](#)

[Contact](#)

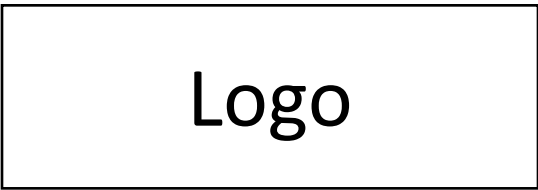


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Insta handle

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(444)444-4444

140 N Dean Rd.  
Auburn, AL 36830





# Pilates on the Plains

Banner Background Image

## Contact

Reach out with questions or to schedule your first private Pilates lesson at Pilates on the Plains!

**Phone**

444-444-4444

**Email**

email@email.org

Name

Email

Message

Send

## Visit Us

**Address**

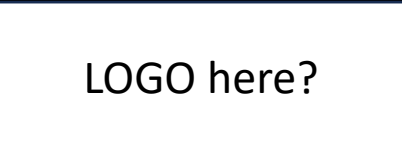
140 N. Dean Rd., Auburn, AL, 36830

**Hours**

Mon.-Thurs	8AM-6:30PM
Fri.	8AM-2PM
Sat.	8:30AM-11:30AM
Sun.	Closed



Embedded map with pin on POTP location

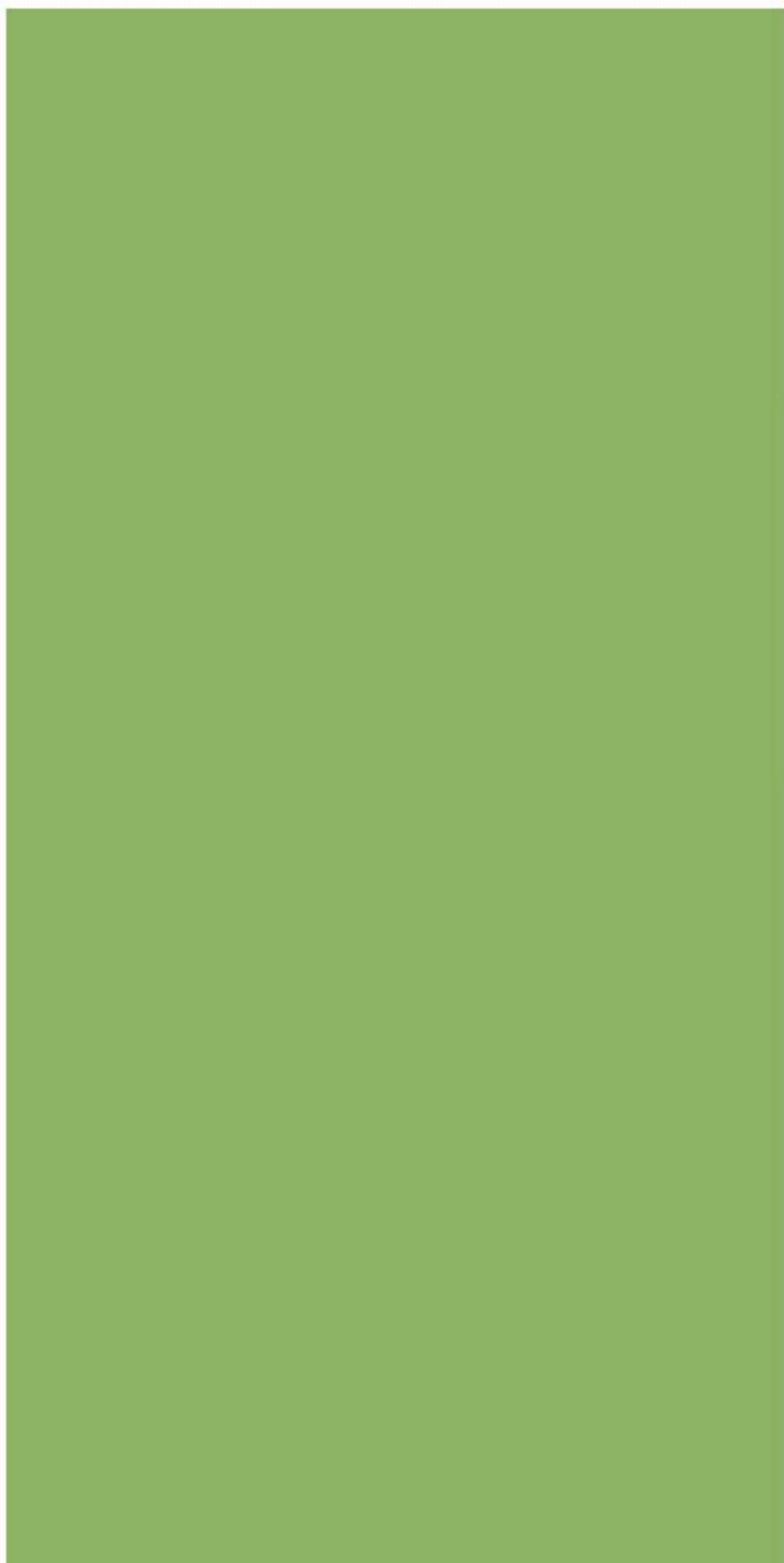


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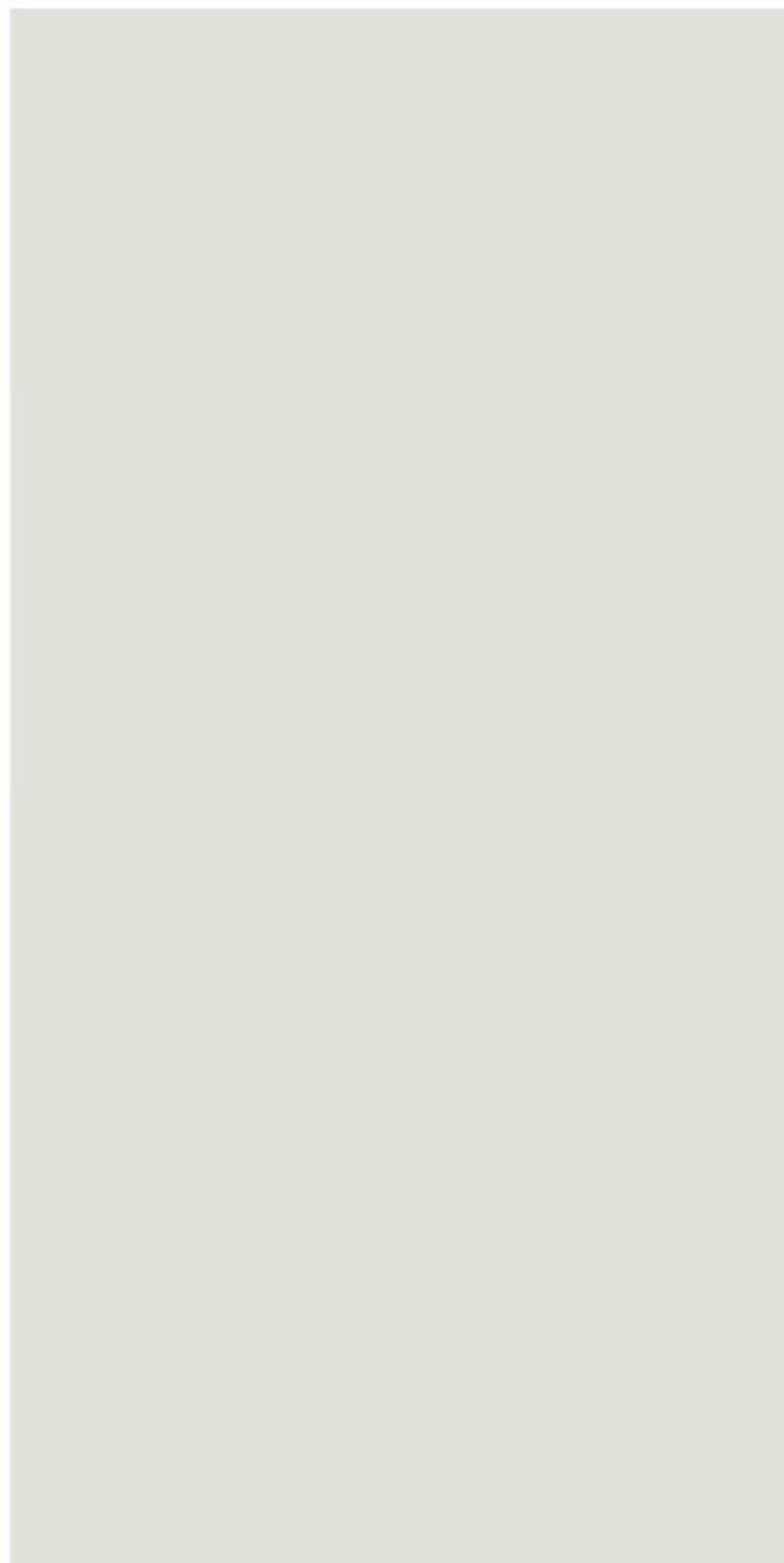
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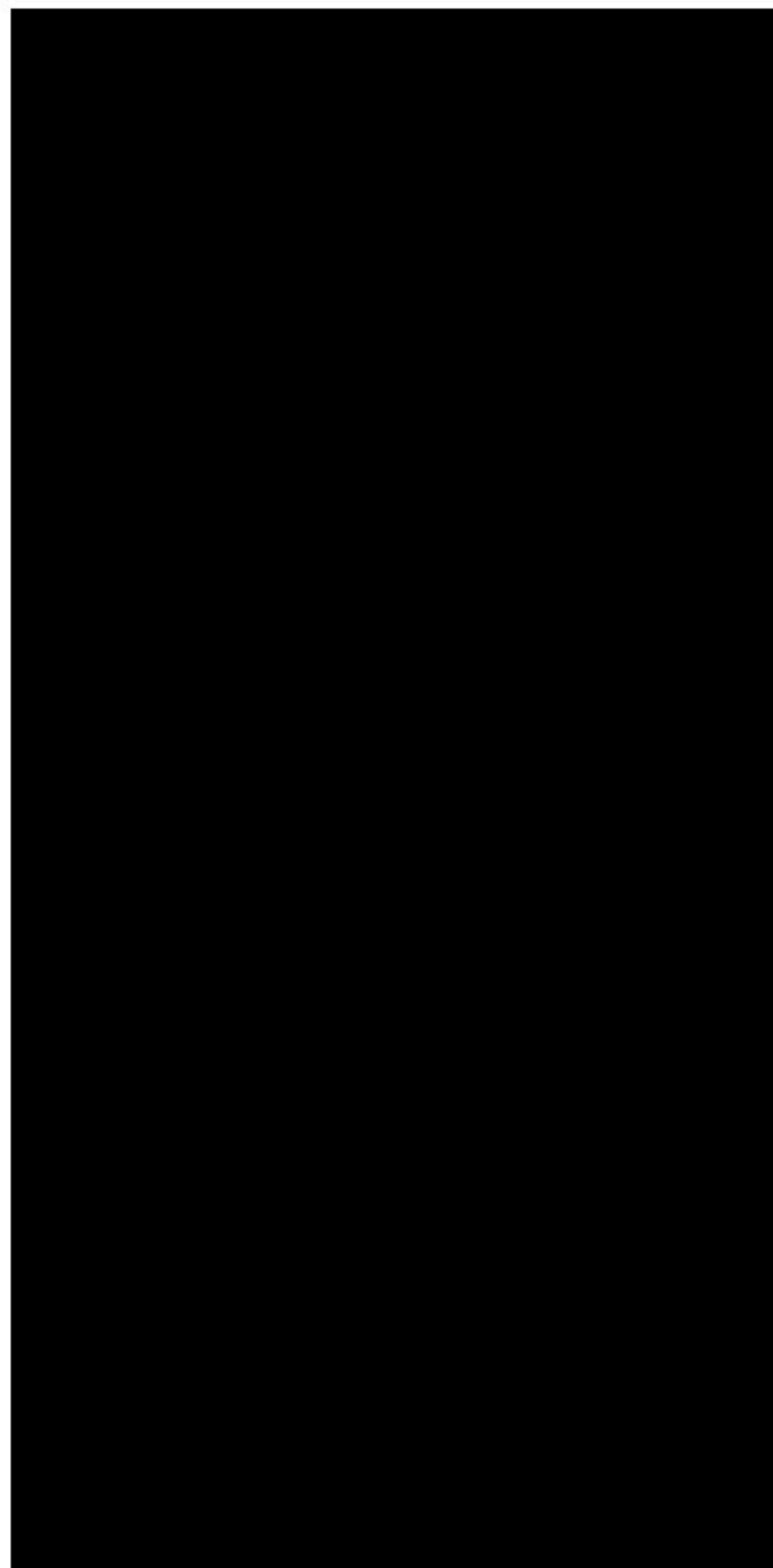
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RGB 141, 180, 101



**#E3E2E0**

RGB 227, 226, 224



**#000000**

RGB 0, 0, 0



**#FFFFFF**

RGB 255, 255, 255