CenterLine®

A TRADITIONAL APPROACH REBORN



balanced body®

Created in collaboration with Amy Taylor Alpers and Rachel Taylor Segel of The Pilates Center in Boulder, Colorado, CenterLine® equipment is based on the measurements that Joe used in his original Reformers, and upgraded with Balanced Body's unparalleled craftsmanship and materials.

Traditional design meets state-of-the-art craftsmanship

The CenterLine® suite enables practitioners to:

- Feel the profound changes of natural, unified and full-body movement.
- Smoothly transition exercise sequences while facilitating aerobic benefits.
- Attain flowing movement and the right tempo and rhythm to promote better breathing and circulation.
- Make fewer adjustments so a lesson progresses swiftly and smoothly.





CENTERLINE® CADILLAC

The CenterLine Cadillac is uniquely sized to offer users and teachers easy reach to the upper canopy tubes, which are 5" (10cm) closer to the base table than on the Balanced Body Trapeze Table.
Package includes:

» Solid maple push-through bar
» Non-swiveling roll-down bar, solid maple
» Upholstered Breathing Bar and strap
» Fuzzies and webs
» Belly strap, safety strap and removable footstrap
» Balanced Body Signature Springs: two long and eight regular
» Horizontal and vertical sliders for maximum versatility

CENTERLINE® CHAIR

Comfortable, durable and easy to use, the CenterLine Chair offers a great traditional Pilates experience within a small, single-pedal footprint.

» Two springs on center "cactus" provide easy spring changes and focus the work to the body's core
» Smaller, lighter yet stable chair for teacher and client ease

CENTERLINE® REFORMER

One of the smoothest, quietest rides on the market, the CenterLine™ Reformer has softly textured carriage wheels, providing increased carriage resistance. This facilitates and improves balanced joint and core activity, as does the smooth swiveling action of the leather and wood handles. The Reformer also has curved shoulder blocks and a headrest that is flush with the carriage. Package includes:

» Rock maple frame
» Leather straps, adjustable in length as they relax over time
» Five long-lasting Balanced Body Signature Springs
» Headrest with two positions
» Short Box with handles on all four sides, and foot strap
» Gondola and short box poles, extender straps, kneeling pads

CENTERLINE® REFORMER TOWER

Adding a Tower gives you a four-in-one exercise system (Reformer, Mat Station and Tower) and offers additional programming options. The Centerline Tower components are identical to those that come with the Pole System, with the exception of the optional twin mat conversion.

CENTERLINE® POLE SYSTEM

Perform much of the Cadillac repertoire with the space-saving and economical CenterLine™ Pole System.
Package includes:

» Solid maple push-through bar
» Non-swiveling roll-down bar, solid maple
» Balanced Body Signature Springs: two long and six regular
» Two cotton loops and safety strap

Optional Mat and Moon Boxes

» Raised mat with dowel
» Two moon boxes
» Removable footstrap and weighted metal roll-up bar

CENTERLINE® SPECIFICATIONS

Cadillac
86"l x 29"w x 81.5"h (218.4cm x 73.7cm x 207cm)

Reformer
89.5"l x 25.5"w x 14"h (227.3cm x 64.8cm x 35.6cm)

Centerline Chair
30"l x 21.5"w x 24.5"h (76.2cm x 54.6cm x 62.2cm), weight 36 lbs (16.3 kg)

Pole System
20"l x 27"w x 89"h (51cm x 69cm x 226cm)



Prices and specifications subject to change without notice. Balanced Body® and CenterLine® are registered US trademarks of Balanced Body Inc. For CenterLine Reformer Tower specs please visit pilates.com/centerline. For full equipment specifications and warranties, visit pilates.com/centerline or call 1-800-PILATES or +1-916-388-2838 Upholstery: 9 standard and 42 custom colors.



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