

Introducing Method Pilates at DRIPwoRX

This August marks an exciting new chapter for DRIPwoRX as we officially launch Method Pilates—expanding our vision of health and wellness beyond IV therapy.

At DRIPwoRX, we've always believed that IV therapy is the method, but feeling better is the reason. With the addition of Method Pilates, we're taking that philosophy one step further by helping clients build strength, stability, and resilience from the inside out.

OUR PHILOSOPHY

We Optimize Your C.O.R.E. From the Inside Out.

Our C.O.R.E. philosophy extends beyond traditional fitness.

C.O.R.E. Cellular Optimization • Regenerative Energy

By combining Pilates, IV Therapy, Wellness Labs, Hormone Optimization, and personalized wellness programs, we're creating a truly integrated approach to health—one that supports how you move, recover, perform, and age.

Whether your goal is improving athletic performance, recovering from injury, increasing energy, managing stress, or simply investing in long-term wellness, Method Pilates becomes another piece of your personalized health journey.

● More than a Pilates studio

Method Pilates is designed for every body—from beginners to experienced athletes. Our instructors focus on movement quality, core stability, flexibility, posture, and functional strength in an environment that is welcoming, encouraging, and results-driven.

Together with DRIPwoRX, we're creating a destination where movement meets medicine and recovery meets performance.

● A new standard for wellness

This launch represents much more than adding Pilates classes. It reflects our continued commitment to delivering evidence-informed wellness solutions that help our community live healthier, stronger lives.

We're excited to welcome both new and existing clients into the studio and can't wait for you to experience what happens when movement, recovery, and regenerative wellness come together.

WELCOME TO METHOD PILATES

Optimize your C.O.R.E. from the inside out.

Move Better. Recover Smarter. Live Well.

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