



Horizon Health is Bermuda's primary boutique Pilates and corrective movement studio.

WE SPECIALIZE IN

- Core Strength - to improve overall health of body and correct movement patterns
- Posture Correction - to improve muscular skeletal alignment due to overuse in lifestyle and sports
- Pain Management - to improve neck, back, hip and knee pain
- Sports mobility - to improve results, placement in competitions and performance

Work with the best team of teachers
in Bermuda

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