



PILATES AT THE PILLOW® | September 2027

101 Years of Joe's Contrology®

Presented The Pilates Source®, Richtone Design Group and Rhinebeck Pilates

Tentative Schedule*

Friday, September 24, 2027

12:00-3:00 pm	Private viewing of Jacob's Pillow's & Sean Gallagher's Pilates Archives® (on loan) depicting Joe's time at the dance festival
3:00-4:00 pm	Check-in at Jacob's Pillow: 358 George Carter Rd, Becket MA 01223
4:00-4:20 pm	Welcome and Logistics
4:20-5:45 pm	Visit Joe's Studio and Property: A Guided Tour <i>Bus leaves at 4:20 so please be on time.</i>
6:00-6:40 pm	Pilates 34 in 34® Mat Class — <i>Sean P. Gallagher, PT</i>
6:40-7:40 pm	Mingling with Light Dinner/Drinks; Retail Shop Open
7:40-8:30 pm	The Pilatus Game of Stimulation™

Saturday, September 25, 2027

7:30-8:10 am	Pilates Archival Standing Mat™ Class — <i>Sean P. Gallagher, PT</i>
8:10-9:00 am	Breakfast
9:00 am -12:00 pm	Archival Workshop 1: TBA Archival Exercises From Joe Pilates — <i>Sean P. Gallagher, PT and Elaine Ewing</i>
12:10-1:30 pm	Lunch
1:30-4:30 pm	Archival Workshop 2: TBA Archival Exercises From Joe Pilates — <i>Sean P. Gallagher, PT and Elaine Ewing</i>
5:00-6:30 pm	Dinner; Archival Apparatus photo ops and play; Retail Shop Open
6:30-8:30 pm	Pilates History Presentation — <i>Sean P. Gallagher, PT and Elaine Ewing</i>



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Sunday, September 26, 2027

8:00-8:40 am	Pilates Exercises: Original 1940's Mat™ Class — <i>Elaine Ewing</i>
8:40-9:15 am	Breakfast
9:15-9:30 am	Group Picture
9:30-11:30 am	A Pilates Science Lecture on the Physics and Biomechanics Unique to Pilates — <i>Sean P. Gallagher, PT</i>
11:30 am-12:15 pm	Lunch
12:15 -1:00 pm	Ceremony and Jacob's Pillow Tea Garden Pilates Archival Standing Mat™ Class — <i>Sean P. Gallagher, PT</i>
1:00-3:30 pm	Classical Workshop: TBA Classical Exercises & Cues From Romana — <i>Sean P. Gallagher, PT and Elaine Ewing</i>
4:00 pm	Check out

**This schedule may change due to weather or other circumstances. Updates will be posted as needed.*

Optional Workshop TBA— Not Included

Monday, September 27, 2027

(The two workshops cannot be taken separately.

These workshops are in-person only. There is no virtual option.)

Rhinebeck Pilates at 6400 Montgomery St, Rhinebeck NY 21572