



TRUSTED BY OUR COMMUNITY · 50+ GOOGLE REVIEWS · 5.0 STARS

What our community says.

Our reviews tell the story better than we ever could. See how our experienced, highly qualified instructors, personalized guidance, and welcoming community have helped people build strength, gain confidence, and discover a place they love coming back to.

50+ GOOGLE REVIEWS · 5.0 STARS

Real words from real clients.

Members, first-timers, and visitors to Amelia Island. Every review below is unedited — straight from Google.

★★★★★ 5.0 50+ reviews on Google

★★★★★

"I love doing reformer and tower/chair classes at Ascendance because the class instruction is top notch, and the environment is very welcoming. Diane and the other reformer class instructors keep things fresh — I'm so glad Ascendance exists."

Kara Walsh
May 2026 · member

★★★★★

"Great experience for a first timer. The instructor walked the class through each position and assisted if there were any issues. The studio was clean, well organized, and the staff very helpful and accommodating. I'll definitely be going back."

Lisa Laub
April 2026 · first-timer

★★★★★

"Qualified, professional, competent, and accommodating to all levels — instructors and staff. They make us all feel welcome. A very friendly and inviting environment."

Regina Comrie
April 2026 · member

★★★★★

"Great studio and very strong instructors. Reformer classes have been a game changer in terms of helping with lower back pain and core-building."

Michele Glazer
April 2026 · Reformer member

★★★★★

"I was looking for a studio while down on the island and am so glad I tried Ascendance. It offers everything I look for: experienced instructors, a clean studio, equipment in great working order. Plus, the perks were unexpected but welcomed — lavender-scented towels, lemon water surrounded in shades of purple and lavender."

Kathy Jacob
March 2026 · visiting Amelia Island

★★★★★

"Glad to be back. Why did I ever stop? The studio feels exactly as I remembered — warm, encouraging, and just the right amount of challenge."

Claudia Harris
March 2026 · returning member

[Read All Google Reviews](#)

PLATFORM REVIEWS

Reviews from our WellnessLiving community.

★★★★★★★★ 431 Reviews

Most recent

[Write A Review](#)

Teresa J.

★★★★★★★★ Oct 1, 2026

A great reformer class with Donna!

Kathy F.

★★★★★★★★ Oct 1, 2026

New to Pilates and the team and class selection has helped me explore options. Great vibe from all!

Teresa J.

★★★★★★★★ Sep 30, 2026

Another great reformer class with Diane!

Teresa J.

★★★★★★★★ Sep 30, 2026

Great TRX class with Mark.

Brooke S.

★★★★★★★★ Sep 30, 2026

Great workout!!

Regina C.

★★★★★★★★ Sep 29, 2026

Thank you, Donna, for another wonderful class. Your ability to motivate and inspire us throughout the workout, complemented by your thoughtfully selected daily quotes, is truly appreciated. Grateful for your beautiful studio and team in Fernandina Beach. Way to go, Ascendance!

Lisa F.

★★★★★★★★ Sep 29, 2026

Wonderful class I'm visiting from Ohio and will be back my first barre class

Corinne E.

★★★★★★★★ Sep 28, 2026

Marc gave great, technical TRX exercise instruction. I look forward to returning.

Polly W.

★★★★★★★★ Sep 28, 2026

A great class. Really enjoyed it.

Nancy D.

★★★★★★★★ Sep 25, 2026

This was my first experience with jump boards. Whitney gave gentle and thoughtful adjustments and cueing. Very personalized attention. I will definitely ne back for more.

1 2 3 4 5 6 7 8 9 >

NEW CLIENTS: BUY ONE CLASS, GET YOUR SECOND FREE

THIS IS
OUR
HAPPY
PLACE

Where new beginnings become *success* stories.

Reviews are more than just stars — they are stories of stronger bodies, greater confidence, and a community that feels like home. We would love for yours to be next.

[Buy One Class, Get One Free](#)

[Already Been? Write A Review](#)



A boutique studio on Amelia Island where careful instruction meets real strength.



Voted Best of Florida 2026
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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

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[info@ascendance-pyb.com](#)



OUR STORY

Expert Instruction. Genuine Connection.

At Ascendence, you'll find expert instructors, personalized guidance, and a welcoming community that supports you every step of the way. Our goal is simple: to help you move better, feel stronger, and enjoy every class along the journey.

OUR JOURNEY

From *Connecticut* to *Amelia Island*.

DONNA · CONNECTICUT

A passion for movement begins.

Donna starts her career as a fitness professional, opens IFoundFitness in Connecticut, and learns what makes a studio truly welcoming.

2010

MARCH · AMELIA ISLAND

A move to the island.

Donna moves to Fernandina Beach and notices what's missing — a fitness community built to gather, not churn.

2019

NOVEMBER · THE DREAM RETURNS

A vision takes shape.

Donna begins dreaming of owning a studio again. She imagines a place where people feel known by name, supported by expert instructors, and welcomed into a true community. More than a fitness studio, she envisions a wellness space where connection matters as much as movement.

2022

OCTOBER · DOORS OPEN

Ascendence opens.

Two studios under one roof. Diane Cowan joins as Co-Founder, bringing 20+ years of teaching. The first lavender towel is folded.

2023

OCTOBER · A GRATEFUL HEART

Year one celebrated.

Ascendence celebrates its first year in business. What began as a dream has grown into a thriving community of members, instructors, and friendships. Donna is deeply grateful for the support, trust, and encouragement that have made Ascendence feel like home for so many.

2024

OCTOBER · TWO YEARS OF COMMUNITY

Two years celebrated.

Two years ago, Ascendence opened its doors with a dream of creating something special for Amelia Island. Today, that dream continues to grow thanks to the incredible members, instructors, and supporters who make our studio feel like family.

2025

DECEMBER · PRIME STRENGTH LAUNCHING

Our PRIME Strength launches.

What began with Pilates, Yoga, and Barre continues to evolve. PRIME expands the Ascendence experience with strength training designed to support everyday life, long-term health, and a stronger community.

2025

AUGUST · THREE HONORS

A year of recognition.

Best of the Best for Fitness Facilities in Nassau County by the News Leader, Best of Florida Regional Winner in Sports & Recreation by Guide to Florida, and Best of BusinessRate for Pilates Studios in Nassau County.

2026

OCTOBER · 3 YEARS BEING HERE FOR YOU

Three years celebrated.

The greatest milestone isn't an award. It's the familiar faces, the friendships formed between classes, and the clients growing stronger every week. Three years in, and we're just getting started.

2026

364 REVIEWS · 9 INSTRUCTORS

A community that stays awhile.

What began as a vision has grown into a thriving community. Members return for the movement, the encouragement, and the friendships they've found here, and we're continuing to grow together everyday.

Today

THE PROMISE

Our purpose is to create a space where every person feels encouraged to move, grow, and feel their best.

We blend Pilates, Yoga, and Barre into a full mind-body practice — supported by thoughtfully designed spaces and state-of-the-art equipment. We know that walking through the door can be the biggest step. Once you arrive, we handle the rest.

— Donna Scott, Founder

Meet The Team



• FERNANDINA BEACH, FL · EST. 2023

FOR OUR 50+ COMMUNITY

Strength training built for longevity.

PRIME Strength is small-group training led by Dr. Mark Nelson, retired cardiologist + NASM-CPT. Programmed for heart health, bone density, and balance — because strength at every age matters.

Explore PRIME Strength



A boutique studio on Amelia Island where careful instruction meets real strength.



Voted Best of Florida 2026
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STUDIO

Our Story
Our Team
Reviews
Pricing
Contact
Studio Policies

BOOK

Privates
Classes
Schedule

VISIT

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OUR TEAM

The People Behind Every Transformation.

Meet the passionate instructors who make Ascendance feel like home. With decades of combined experience, our team is here to support, encourage, and guide you every step of your wellness journey.

Buy One Class, Get One Free

Explore Classes



Donna Scott - Photographed at Studio A

FOUNDER · EST. 2023

Donna Scott

NASM-CPT · REFORMER 1&2 · TOWER · CHAIR · MAT · YOGA · BARRE

My name is Donna, and I am the founder of this special place. I have been a passionate fitness professional since 2010. I managed several high-end studios since 2015 and also owned my own boutique fitness studio, "FoundFitness" in Deep River, CT from 2011-2014. I brought my expertise to Amelia Island in 2019 and knew this beautiful place needed a special fitness community to gather. I founded Ascendance Pilates Yoga & Barre the summer of 2023 and we first opened our doors in October of 2023.

I am committed to uniting movement and community. Ascendance aims to cater to diverse age groups and fitness levels. Beyond the studio, I cherish moments with my life partner Roger, three daughters, granddaughter, three dogs, and three cats. In my spare time, the creative side of me loves to paint abstract paintings.

With a multitude of certifications — including Barre, Yoga, Pilates Mat, Balanced Body Reformer 1&2, Cadillac/Tower, and Pilates Chair — I am a certified personal trainer (NASM) and I'm dedicated to making Ascendance the premier fitness destination on Amelia Island. Welcome to your new fitness home!

View Schedule

CO-FOUNDER · 20+ YEARS TEACHING

Diane Cowan

COMPREHENSIVE CERT · CORE DYNAMICS · PT ASSISTANT BACKGROUND

My name is Diane. I have been practicing and teaching Pilates Mat, Reformer, and mixed equipment for over 20 years. My comprehensive certification is through "Core Dynamics" taught by Michelle Larson. In addition, I have completed several continuing education trainings — including work with Madeline Black (Pilates for Scoliosis), Kevin Bowan, and Rebecca Leone.

My formal education includes an Associate's in Applied Science as a Physical Therapy Assistant, with experience in orthopedic, pain management, and nursing home settings. I enjoy putting my Pilates training to good use working with clients who may have physical issues or injuries, as well as clients that are in perfect shape.

In my spare time, I love to walk on the beach, bike on our beautiful island, and practice Pilates!

View Schedule



Diane Cowan - Photographed at Studio A

THE ROSTER, CONTINUED

The Faces of Ascendance

Yin Yogis, Barre dancers, NASM-trainers, ballet specialists, MD's and so much more.



SENIOR INSTRUCTOR

Bonnie Clifton

PEAK PILATES · MAT · REFORMER 1&2 · JUMP BOARD · CADILLAC

Read Bio

View Schedule



INSTRUCTOR · REIKI

Angela Brown

YOGA · REIKI · NURSING BACKGROUND

Read Bio

View Schedule



INSTRUCTOR

Jen Brazinsky

PILATES TOWER · REFORMER · TRX · PRE/POSTPARTUM

Read Bio

View Schedule



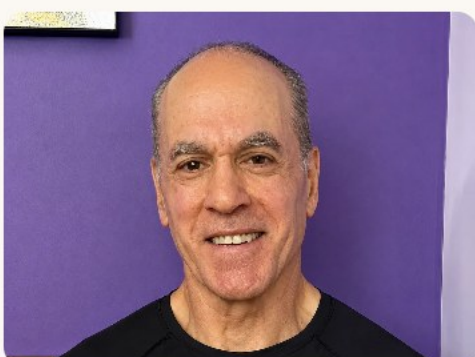
INSTRUCTOR

Whitney

BODY BALANCE · ACE-CPT · 200HR YOGA

Read Bio

View Schedule



PRIME STRENGTH · FOR 50+

Dr. Mark Nelson

RETIRED CARDIOLOGIST · NASM-CPT

Read Bio

View Schedule



FRONT DESK

Nicole

Read Bio



INSTRUCTOR · BARRE

Nataliaia S

KYIV BALLET ACADEMY · PROFESSIONAL BALLET · BARRE

Read Bio

View Schedule



INSTRUCTOR · BARRE

Mikaela S

CERTIFIED BARRE INSTRUCTOR · THEATRE ARTS & EDUCATION

Read Bio

View Schedule

WELCOME HOME

More than a studio. A community you'll love being part of.

From your first visit, you'll be welcomed by expert instructors who genuinely care about your progress. Here, you're more than a name on the schedule — you become part of a supportive community that's cheering you on every step of the way.

Buy One Class, Get One Free

View Schedule



A boutique studio on Amelia Island where careful instruction meets real strength.



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Florida

STUDIO

Our Story
Our Team
Reviews
Pricing
Contact
Studio Policies

BOOK

Privates
Classes
Schedule

VISIT

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STUDIO BLOG

Expert Advice. Real Inspirations.

Discover Pilates tips, wellness insights, movement transition, studio news and Wellness education. Written by our experienced instructors who live what they teach and love sharing what works.

LATEST POSTS



OCT 1, 2026

Fall Into *Fitness*

WELLNESS · 2 MIN READ

[Read Post](#)



AUG 19, 2026

Barre Basics: *Strength & Flow*

BARRE · 4 MIN READ

[Read Post](#)

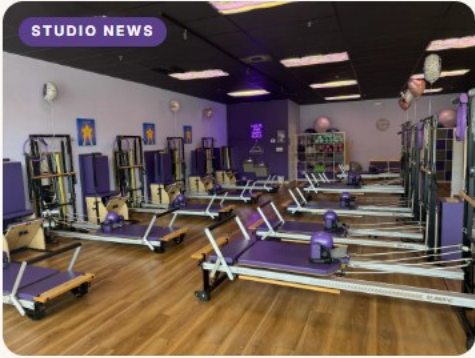


JUN 2, 2026

Reformer *vs* Mat Pilates

PILATES · 3 MIN READ

[Read Post](#)



MAR 12, 2026

Check *it out!*

STUDIO NEWS & EVENTS · 1 MIN READ

[Read Post](#)

NEW TO ASCENDANCE?

Buy one class, get your second *free*.

Buy your first Studio B class — Barre, Yoga, Ballet, TRX and more — and your second is on us. See why Amelia Island keeps coming back.

[Buy One Class, Get One Free](#)

[Browse Classes](#)



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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

VISIT

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STUDIO A • REFORMER • TOWER • CHAIR

Transform Through Movement.

The Reformer combines spring loaded resistance with precision movement to build strength, improve balance, increase flexibility, and support your body through every stage of life. Low impact. Highly effective. Results you'll feel beyond the studio.

Get Intro Offer - \$139

ANATOMY OF A REFORMER

Gentle on Joints. Powerful for Results.

The Pilates Reformer was originally developed by Joseph Pilates in the 1920s to help people rebuild strength, improve mobility, and move with greater ease. More than a century later, it remains one of the most effective and versatile pieces of fitness equipment ever created.

Using adjustable spring resistance instead of heavy weights or impact, the Reformer helps strengthen your core, improve posture, increase flexibility, and build balanced strength throughout the entire body.

Whether you're brand new to exercise, recovering from an injury, staying active as you age, or looking to challenge your fitness routine, every movement can be customized to meet you exactly where you are.

10
REFORMERS

50 min
PER CLASS

10:1
MAX RATIO

[View Schedule](#)

THE CATALOG

Seven classes, *one Reformer.*



LEVEL 1

Reformer *Align*

Foundational alignment. Rib placement, neutral spine, the difference between *squeezing* and *engaging*. Every strong Pilates practice starts here.

[Book Now](#)



LEVEL 2

Reformer *Flow*

A continuous-flow Reformer class for established practitioners. Less talking, more movement, more breath. Leave feeling taller, stronger, and energized.

[Book Now](#)



ALL LEVELS

Restore & *Stretch*

Slow, intentional stretching designed to release tension, improve mobility, and restore your body. The class our members book after a long flight, a long week, or a long run.

[Book Now](#)



LEVEL 2/3

Reformer *Tower*

Experience the versatility of the Reformer with the added challenge of the Tower. Vertical spring resistance expands your workout with focused shoulder, back, and hip exercises. Recommended for members with six or more months of Reformer experience.

[Book Now](#)



ALL LEVELS

Reformer *All Levels*

Our signature Reformer class for every experience level. Thoughtful modifications and progressions allow newer and experienced members to move together confidently — so everyone feels challenged, supported, and successful.

[Book Now](#)



INTRO

Intro to *Chair*

Offered every other week, this beginner-friendly class introduces you to the Pilates Chair — a compact piece of equipment that uses spring resistance and body weight to build core strength, improve stability, and challenge balance. No experience necessary.

[Book Now](#)



INTRO

Intro to *Tower*

Offered every other week. An introduction to the Pilates Tower — a vertical frame with adjustable springs and bars that builds strength, improves flexibility, and increases core stability. A natural next step beyond the Reformer.

[Book Now](#)

WHY REFORMER

Three reasons our members *stay*.



Strength Without Impact

The Reformer uses spring resistance instead of heavy weights to build strength, stability, and confidence while being gentle on your joints. Whether you're just getting started, returning from injury, or have years of Pilates experience, every workout can be tailored to challenge you at your level.



Build Strength From *the Inside Out*

Every movement engages your core while improving balance, posture, flexibility, and total body strength. As you progress, the Reformer grows with you, offering endless ways to challenge your body.



Personalized Attention

With small class sizes and expert instructors, you'll never feel lost in the crowd. We get to know your goals, provide individualized guidance, and help you move safely and effectively every step of the way.

YOUR FIRST PRIVATE SESSION

From the front door, *step by step.*

[Contact To Book](#)

Step 1

A Warm Welcome

Free parking is right outside our door. We'll greet you by name, offer you a glass of fruit infused water, and make sure you feel right at home before your session begins.

Step 2

Getting to Know You

Your instructor will take time to learn about your goals, movement history, and any injuries or limitations. Every session is personalized because every body is different.

Step 3

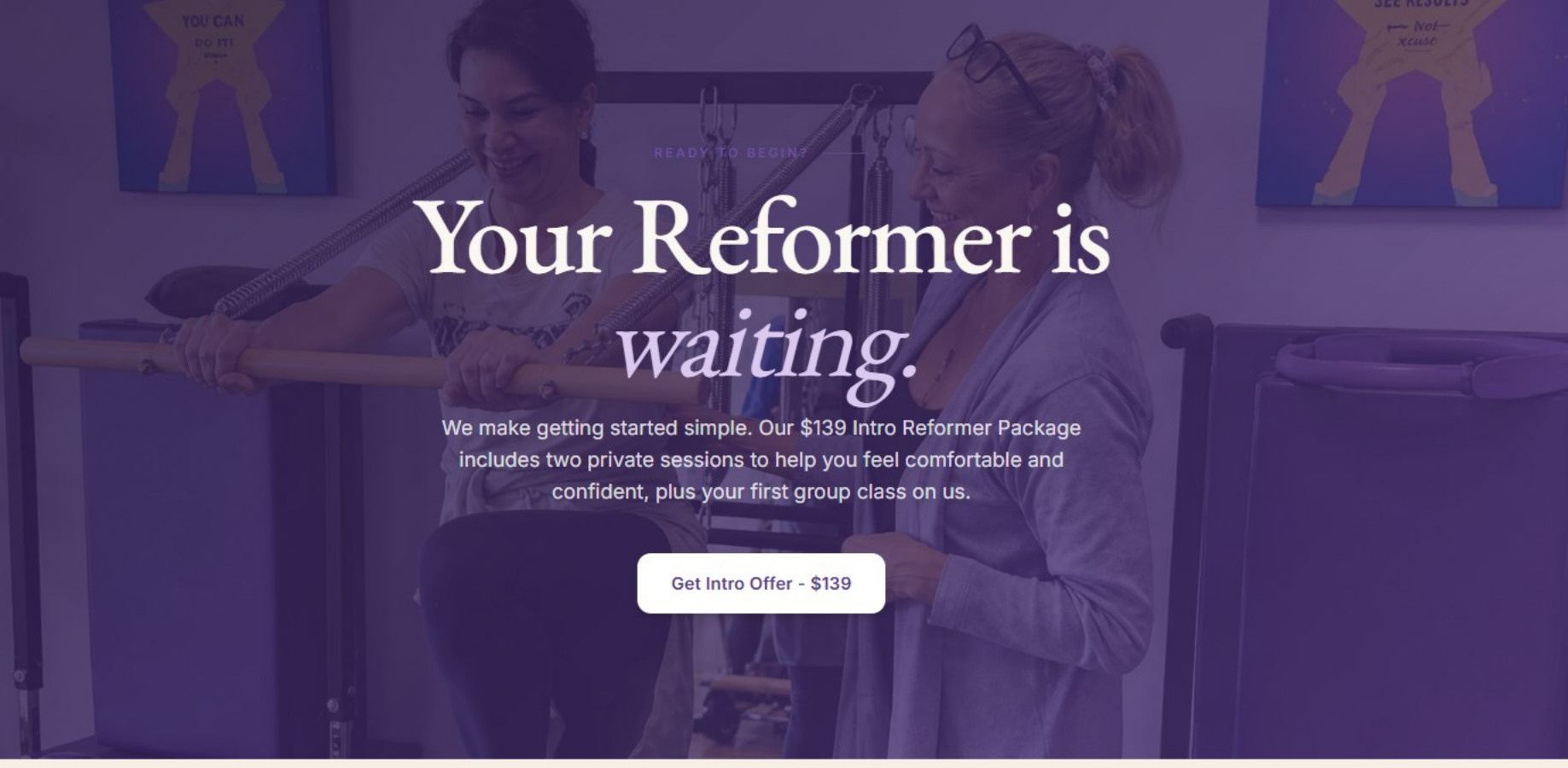
Learning the Reformer

You'll be introduced to the Reformer and guided through foundational movements designed to help you feel comfortable, confident, and successful. We focus on proper alignment, safe movement, and building a strong foundation.

Step 4

The Ascendance Touch

After class, enjoy one of our signature lavender cooling towels and another glass of infused water. We'll answer any questions, help you schedule your next private or class, and make sure you leave feeling refreshed and excited to return.



Your Reformer is *waiting.*

We make getting started simple. Our \$139 Intro Reformer Package includes two private sessions to help you feel comfortable and confident, plus your first group class on us.

Get Intro Offer - \$139



A boutique studio on Amelia Island where careful instruction meets real strength.



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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

VISIT

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STUDIO B · MAT · BARRE · YOGA · BALLET · TRX

Find Your Balance

Discover the perfect blend of Mat Pilates, Barre, Yoga, Ballet, and TRX suspension training — all in one welcoming space. Whether you're building strength, improving mobility, or simply looking to move more, you'll find a class that fits your goals.

Buy One Class, Get One Free



WHAT IS STUDIO B

A Place to *Move, Breathe,* and *Belong.*

Studio B is where strength, mobility, balance, and restoration come together. From Mat Pilates and Barre to Ballet, Yoga, and TRX suspension training, our classes are designed to help you move with confidence and feel at home in your body.

Whether you're looking to build strength, improve flexibility, reduce stress, or simply take an hour for yourself, Studio B offers a welcoming space for every fitness level and every stage of life.

All
LEVELS WELCOME

[View Schedule](#)

THE CATALOG

Movement for every mood



ALL LEVELS

Pilates *Mat*

Mat Pilates focuses on core strength, stability, posture, and mobility using nothing but your body and a mat. Whether you're brand new to Pilates or looking to deepen your practice, this class will challenge you while helping you move with greater confidence and control.

[Book Now](#)



ALL LEVELS

Barre *Class*

A low-impact, full-body workout that blends Pilates, strength training, and ballet-inspired movement. Expect improved balance, stronger muscles, and a challenging workout that's gentle on your joints.

[Book Now](#)



ALL LEVELS

Yin *Yoga*

Long-held, supported poses help release tension, improve flexibility, and calm the nervous system. The perfect antidote to busy schedules, tight muscles, and everyday stress.

[Book Now](#)



ALL LEVELS

Tranquility *Yoga*

Slow down, breathe deeply, and let the stress of the day melt away. This gentle, restorative class combines mindful movement, breathwork, and an extended savasana to leave you feeling calmer, lighter, and refreshed.

[Book Now](#)



ALL LEVELS

Barre *All Standing*

All the sculpting power of Barre with no mat work — every movement is done standing, so you stay fully engaged from start to finish. Small, controlled movements set to upbeat music tone and lengthen your muscles for fast, noticeable results.

[Book Now](#)



ALL LEVELS · BEGINNER-FRIENDLY

Slow Flow *Yoga*

Move with purpose, linking breath and movement at a slower pace than a traditional vinyasa class. Gentle sun salutations, standing and floor poses, and a restful Savasana make this a grounding, beginner-friendly practice for building strength and inner ease.

[Book Now](#)



ALL LEVELS

Suspension Training *TRX+*

A full-body workout combining suspension training and high-intensity intervals. Work multiple muscle groups at once while building lean muscle, improving stability, and increasing stamina — led by certified trainers who meet you at your level.

[Book Now](#)



ALL LEVELS

Adult *Ballet*

Discover the beauty and strength of ballet in a welcoming, judgment-free environment. This graceful full-body class blends classical ballet technique with exercises that improve strength, flexibility, balance, posture, and core stability — led by Natalia, a professionally trained ballerina.

[Book Now](#)

WHY STUDIO B

Three reasons members *keep coming back.*



No prerequisite.

Studio B has no Reformer requirement. Drop in on day one. Many members start here and graduate to Studio A when they're ready — not before. It's a genuine on-ramp, not a consolation prize.



Every mood, *one membership.*

Energizing on Tuesday (Barre), restorative on Sunday (Yin). Every pack and membership covers both studios — so you're never paying twice for a change of pace or a different kind of day.



Total body, *joint-friendly.*

Mat builds core, Barre builds strength, Ballet builds grace, TRX builds endurance, Yin builds flexibility, Tranquility builds stillness. Combine two or three and you've covered every dimension of a balanced practice that's easy on your joints.

YOUR FIRST CLASS

Your *first* class made *easy*

[Buy One Class, Get One Free](#)

Step 1



Walk in.

Park, walk in, and take a breath. We'll show you where to put your things, get you settled, and answer any questions before class begins.

Step 2



Meet your instructor.

Before class starts, your instructor will introduce themselves, learn a little about you, and help you feel comfortable and confident from the very beginning.

Step 3



Move.

Move at your own pace with expert guidance every step of the way. Options and modifications are always available, so you can feel successful no matter your experience level.

Step 4



Feel the difference.

Whether you came to build strength, improve mobility, reduce stress, or simply take time for yourself, you'll leave feeling stronger, more confident, and excited to come back.

READY TO BEGIN?

We'll save *you* a spot

No matter where you're starting from, you'll find expert instruction, supportive coaches, and a community that wants to see you succeed.

[Buy One Class, Get One Free](#)



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Florida

STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

VISIT

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FOR ADULTS 50+ · A PROGRAM FOR YOU

PRIME Strength.

Designed just for our clients, PRIME Strength combines evidence based training with personalized coaching to help you build strength, improve balance, increase mobility, and support long term health. The result is more than stronger muscles. It's greater confidence, better movement, increased independence, and the freedom to continue doing the things you love at every stage of life.

Get Started With PRIME



DR. MARK NELSON · LEAD COACH

MEET YOUR INSTRUCTOR

Retired Cardiologist. Now Helping You Build *Strength for Life.*

After a 35-year career as a cardiologist, Dr. Mark Nelson now helps adults build strength, improve mobility, and age confidently through safe, science-backed training. His unique combination of medical expertise and fitness coaching gives members confidence that they're learning from someone who truly understands how the body works.

35yr

CARDIOLOGIST CAREER

8:1

MAX RATIO

50min

PER SESSION

See Prime Schedule

PACKAGES & MEMBERSHIPS

Pick the rhythm *that fits.*



TRY IT · NO COMMITMENT

Single PRIME *small group* coaching session

Experience one 50-minute PRIME Strength class. Train in a supportive small group setting and discover the difference expert guidance can make — no commitment required.

Contact Us

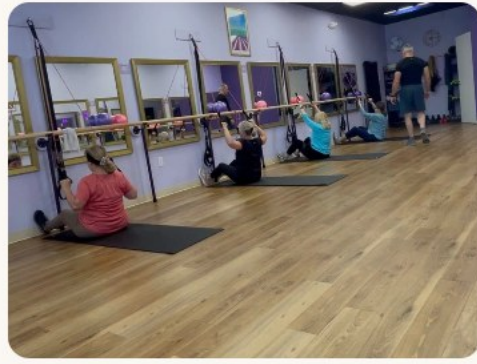


BEST STARTER · PACK

5 Pack of classes for PRIME *small group* coaching

Commit to your health and save with a class pack. Enjoy the flexibility of multiple PRIME Strength sessions while building strength, improving your health, and progressing with expert guidance every class.

Buy Now



COMMIT · MONTHLY

Small Group *Coaching*

3 DIFFERENT OPTIONS · MAX 8 CLIENTS

Whether you prefer 2 classes per week with PRIME Strength and Studio A, 3 classes per week, or the freedom to do it all, there is an option for you. Our All Inclusive Membership gives you the ultimate flexibility with access to every instructor and class we offer.

View Purchase Options

WHY PRIME EXISTS

Three reasons resistance training *matters more after 50.*



Bone *density.*

Bone loss is a normal part of aging, but it doesn't have to define your future. Research consistently shows that strength training is one of the many effective ways to maintain bone density and support life long health.



Cardiac *health.*

A stronger body supports a stronger heart. Resistance training helps improve blood pressure, insulin sensitivity and other key markers of long-term health. That's why Ascendance made it the foundation of PRIME.



Lasting *independence.*

Strength isn't just about the gym — it's about living life with confidence. From climbing stairs and carrying groceries to playing with your grandchildren, PRIME helps you build the strength to stay active and independent.

YOUR FIRST PRIVATE SESSION

Your Path to Stronger Living. *Three simple steps.*

Contact To Book

Step 1

Health & Lifestyle Consultation

We begin with a conversation about your health history, goals, movement background, and any current concerns. With our Trainer's expertise and coaching experience, you'll receive guidance that goes far beyond a typical fitness assessment.

Step 2

Movement assessment.

We'll evaluate mobility, balance, strength, and movement patterns to understand where you are today and identify opportunities for improvement. This creates a clear starting point and helps us measure your progress over time.

Step 3

Your Personalized Plan

Before you leave, you'll have a customized roadmap designed around your goals, schedule, and current fitness level. You'll know exactly where you will start and how we'll help you move forward safely and effectively.

READY FOR YOUR PRIVATE SESSION?

Strength for the Life You *Want.*

At Ascendance, we believe fitness should feel personal—not intimidating. You'll receive one-on-one guidance, expert coaching, and a plan designed specifically for you.

Our program utilizes evidence based training to help you build strength safely and effectively at every stage of life.

Call To Book Your Session – \$85



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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

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[info@ascendance-pyb.com](#)



PRIVATE PILATES • SOLO • DUET • TRIO

Build Your Foundation

Whether you're new to Pilates, recovering from an injury, or looking to refine your technique, private sessions provide personalized instruction designed around your goals, your body, and your pace.

[Call To Schedule](#)



WHAT IS A PRIVATE SESSION

Fifty minutes built around *your body.*

A private session is just for you. Some people come to learn the Reformer. Others come to work around an injury, build confidence, or take their practice to the next level. Whatever brings you here, your instructor has fifty uninterrupted minutes to focus on you.

1:1
INSTRUCTOR RATIO

50min
PER SESSION

3
FORMATS

THREE FORMATS

Solo, with a partner, *or three.*



FORMAT 01

One-on-One

\$89 PER SESSION

Just you and your instructor. The most personalized way to train. We pace, modify, push, and protect entirely around you — Reformer, Tower, Chair.

[Call To Book](#)



FORMAT 02 • MOST POPULAR

Duet

\$62 PER PERSON

Share your session with a partner, friend, or family member while still receiving individualized instruction. It's the perfect balance of personal attention, accountability, and fun.

[Call To Book](#)



FORMAT 03

Trio

\$49 PER PERSON

Gather a small group and enjoy the energy of moving together with the personalized guidance of a private session. A great option for friends who want support, motivation, and a shared experience.

[Call To Book](#)

WHO BOOKS A PRIVATE

Three reasons to *go one-on-one.*



For *first-timers.*

If you're new to Pilates, private sessions provide a comfortable place to start. Learn the equipment, understand the fundamentals, and build confidence before stepping into a group class.



For *returners.*

Maybe it's been months. Maybe it's been years. A private session gives us the opportunity to reconnect with your body, assess where you are today, and create a plan for moving forward.



For the *experienced.*

Ready to refine technique, work toward a specific goal, or overcome a plateau? Private sessions offer the focused attention and expert guidance needed to take your practice further.

THE \$139 INTRO PACKAGE

Two private sessions and then your *first group class* free.

Learn the fundamentals, build confidence, and step into your first class with ease.

[Call To Book](#)

Step 1



Private session *one* Build Your Foundation

Meet your instructor, learn the equipment, and master the fundamentals in a private one-on-one session. Move at your own pace, ask questions, and build the confidence to begin your Pilates journey.

Step 2



Private session *two* Refine & Prepare

Continue strengthening your skills as you improve your technique and become more comfortable with the flow of a Reformer class. Your instructor will help you feel confident, capable, and ready for what's next.

Step 3



Your *Free* group class Join the Community

Enjoy your first group class — on us. You'll arrive familiar with the equipment, the instructor, and the cues, so you can focus on moving with confidence and experiencing the supportive community that makes Ascendance feel like home.

READY WHEN YOU ARE.

Your *Reformer Pilates* Journey Begins Here.

Start with the \$139 Intro Package — two private sessions plus your first group class on the house. The recommended first step for anyone new to the Reformer.

[Get Intro Offer - \\$139](#)



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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)
[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

VISIT

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PRIVATE SESSIONS • PERSONALIZED GUIDANCE

Your session, your pace.

Choose from private session options designed around your goals, comfort level, and schedule. Whether you prefer one-on-one support or a small private group, we'll help you find the right fit.

PRIVATE SESSIONS • BY APPOINTMENT

Explore private sessions.

FILTER [All](#) [Private Reformer • Studio A](#) [PRIME Strength](#) [Personal Training](#) [Ballet](#)

Private sessions combine expert instruction with personalized attention in a welcoming, supportive environment. Every session is tailored to your body, your goals, and your pace — so you can feel confident from day one.

PRIVATE REFORMER • STUDIO A

One on One *Private*

STUDIO A • 50 MIN • SOLO

Fifty focused minutes on the Reformer with an instructor all to yourself — programming built entirely around your body, your goals, and your pace.

[Call To Book](#)

PRIVATE REFORMER • STUDIO A

Duet *Private*

STUDIO A • 50 MIN • 2 PEOPLE

Share the session with a partner or friend — two Reformers, one instructor, and a workout shaped around both of you.

[Call To Book](#)

PRIVATE REFORMER • STUDIO A

Trio *Private*

STUDIO A • 50 MIN • 3 PEOPLE

A semi-private Reformer session for three — personal attention in a small-group setting, at a friendlier rate per person.

[Call To Book](#)

PRIME STRENGTH • STUDIO B

PRIME Strength *One on One*

STUDIO B • 50 MIN • SOLO

A single one-on-one personal training session with our certified personal trainer.

[Call To Book](#)

PRIME STRENGTH • STUDIO B

PRIME Strength *Duet*

STUDIO B • 50 MIN • 2 PEOPLE

A duet personal training session with our certified personal trainer. Each person needs a session.

[Call To Book](#)

PERSONAL TRAINING • STUDIO B

One on One *Personal Training*

STUDIO B • 50 MIN • SOLO

A one-on-one personal training session in Studio B — strength, mobility, and conditioning programmed around your goals.

[Call To Book](#)

PERSONAL TRAINING • STUDIO B

Duet *Personal Training*

STUDIO B • 50 MIN • 2 PEOPLE

Train with a partner — one trainer, two clients, and a shared session that keeps you both moving and accountable.

[Call To Book](#)

PERSONAL TRAINING • STUDIO B

Trio *Personal Training*

STUDIO B • 50 MIN • 3 PEOPLE

Personal training for three — small enough for real coaching, social enough to keep every session fun.

[Call To Book](#)

BALLET • STUDIO B

Ballet *One on One*

STUDIO B • 50 MIN • SOLO

Personalized instruction tailored to your goals, whether you're brand new to ballet or refining your technique. Sessions focus on posture, alignment, strength, flexibility, balance, and graceful movement at your own pace in a supportive, one-on-one setting.

[Call To Book](#)

BALLET • STUDIO B

Ballet *Duet*

STUDIO B • 50 MIN • 2 PEOPLE

Share the barre with a partner — personalized ballet instruction focused on posture, alignment, strength, flexibility, balance, and graceful movement in a supportive private setting.

[Call To Book](#)

BALLET • STUDIO B

Ballet *Trio*

STUDIO B • 50 MIN • 3 PEOPLE

A private ballet session for three — posture, alignment, strength, flexibility, and graceful movement, taught at your group's pace in a supportive setting.

[Call To Book](#)

Ready to get started, or have a question first? Call [\(904\) 844-2449](#) or [send a note](#) — we'll match you with the right instructor and time.

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STUDIO

- [Our Story](#)
- [Our Team](#)
- [Reviews](#)
- [Pricing](#)
- [Contact](#)
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BOOK

- [Privates](#)
- [Classes](#)
- [Schedule](#)

VISIT

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BOOK · 21 CLASSES · 2 STUDIOS

Find your class.

Reformer, Mat, Yoga, Barre — every format designed to meet you where you are. Browse the catalog then reserve your spot below.

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Something for *Every Goal*

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[Level 2/3](#)



LEVEL 1 · BEGINNER

Reformer *Align*

STUDIO A · 50 MIN · BEGINNER

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LEVEL 2

Reformer *Flow*

STUDIO A · 50 MIN · LEVEL 2

[Book Now](#)

[View Details](#)



ALL LEVELS

Restore & Stretch

STUDIO A · 50 MIN · ALL LEVELS

[Book Now](#)

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LEVEL 2/3

Reformer *Tower 2/3*

STUDIO A · LEVEL 2/3 · 6 MONTHS+ REQUIRED

[Book Now](#)

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ALL LEVELS

Reformer *All Levels*

STUDIO A · ALL LEVELS · PRIOR EXPERIENCE REQUIRED

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LEVEL 2/3

Tower & Chair *2/3*

STUDIO A · LEVEL 2/3 · 6 MONTHS+ REQUIRED

[Book Now](#)

[View Details](#)



INTRO · BEGINNER

Intro to *Tower*

STUDIO A · BEGINNER · BIWEEKLY

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INTRO · BEGINNER

Intro to *Chair*

STUDIO A · BEGINNER · BIWEEKLY

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ALL LEVELS

Pilates *Mat*

STUDIO B · ALL LEVELS

[Book Now](#)

[View Details](#)



ALL LEVELS

Barre

STUDIO B · ALL LEVELS

[Book Now](#)

[View Details](#)



ALL LEVELS

Yin *Yoga*

STUDIO B · ALL LEVELS

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ALL LEVELS

Tranquility *Yoga*

STUDIO B · ALL LEVELS · LED BY ANGELA

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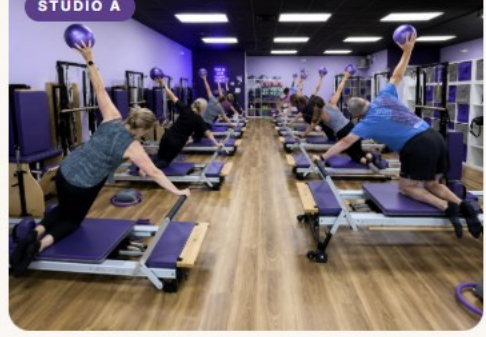
ALL LEVELS

Reformer *All Levels w/ Diane*

STUDIO A · ALL LEVELS · PRIOR EXPERIENCE REQUIRED

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ALL LEVELS

Reformer *All Levels w/ Donna*

STUDIO A · ALL LEVELS · PRIOR EXPERIENCE REQUIRED

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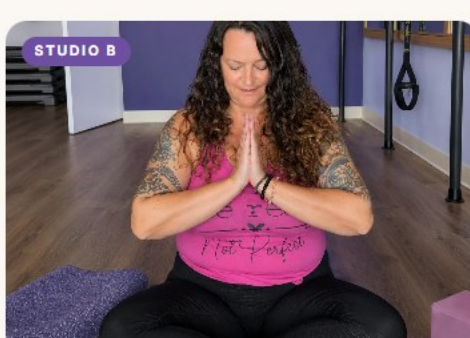
ALL LEVELS

Barre *All Standing*

STUDIO B · ALL LEVELS · NO MAT WORK

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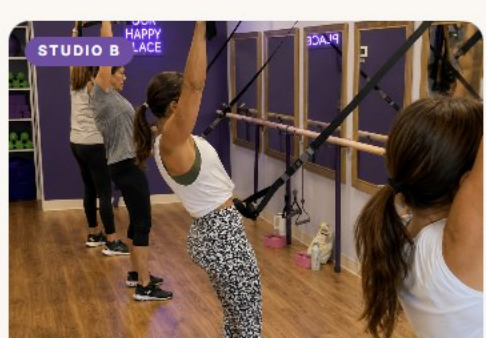
ALL LEVELS · BEGINNER-FRIENDLY

Slow Flow *Yoga*

STUDIO B · ALL LEVELS · BEGINNER-FRIENDLY

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ALL LEVELS

Suspension Training *TRX+*

STUDIO B · ALL LEVELS · CERTIFIED TRAINERS

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[View Details](#)



ALL LEVELS

Adult *Ballet*

STUDIO B · 60 MIN · LED BY NATALIA

[Book Now](#)

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50+ · PRIME STRENGTH

PRIME Strength *Legs, Chest & Shoulders*

STUDIO B · 50+ · 10 PERSON MAX

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50+ · PRIME STRENGTH

PRIME Strength *Full Body+*

STUDIO B · 50+ · 10 PERSON MAX

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50+ · PRIME STRENGTH

PRIME Strength *Back, Core & Arms*

STUDIO B · 50+ · 10 PERSON MAX

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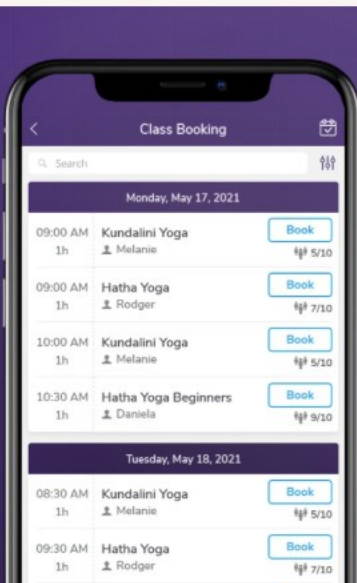
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READY TO DISCOVER A BETTER WAY TO MOVE?

Expert Instruction. Supportive Community. A *Better Way to Move.*

Every class is led by experienced instructors who are passionate about helping you move safely, build strength, and gain confidence. From your very first visit, you'll receive personalized guidance in a welcoming community where you're known by name, supported every step of the way, and encouraged to become the strongest version of yourself.

[Buy One Class, Get One Free](#)

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STUDIO

[Our Story](#)
[Our Team](#)
[Reviews](#)
[Pricing](#)
[Contact](#)

[Studio Policies](#)

BOOK

[Privates](#)
[Classes](#)
[Schedule](#)

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LIVE SCHEDULE · BOOK YOUR VISIT

Find your next class.

Whether you're joining us for the first time or returning to your favorite class, your place is here. Browse our live schedule, reserve your spot in seconds, and let our expert instructors welcome you with personalized guidance every step of the way.

LIVE SCHEDULE

Move when it *works for you*

Whether you're building strength, improving mobility, reducing stress, or simply making time for yourself, you'll find a class that fits your goals and your schedule. Browse upcoming classes below and reserve your spot.

LIVE DATA · WELLNESSLIVING

ALL TIMES EASTERN

Ascendance - Pilates, Yoga, & Barre

TodayDayWeekMonth

<Sep 27, 2026 - Oct 3, 2026>

CalendarListFilter

Tranquility YOGA 2Yin YOGA 1Reformer All Levels 14Reformer Flow Level 2 5Reformer Align Level 1 2Suspension Training T... 2All Levels Adult Ballet 2→

No available sessions

Schedule loading? Refresh the page or [call us](#).

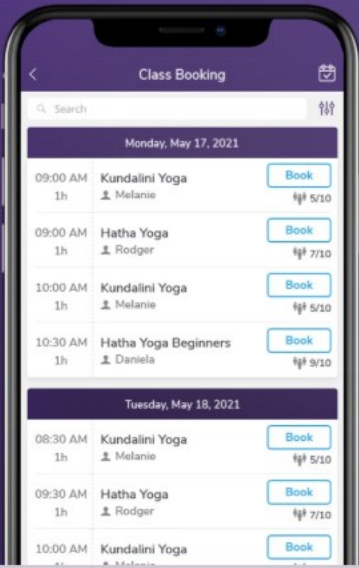
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STUDIO

- [Our Story](#)
- [Our Team](#)
- [Reviews](#)
- [Pricing](#)
- [Contact](#)
- [Studio Policies](#)

BOOK

- [Privates](#)
- [Classes](#)
- [Schedule](#)

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PURCHASE OPTIONS · ASCENDANCE

Every way to move with us.

Memberships and class packs across both studios — PRIME Strength included.

PURCHASE OPTIONS

Choose the option that fits your lifestyle.

Whether you're in the studio regularly or just a few times a month, we offer flexible options so you can move, feel, and live your best. Options include expert instruction, a welcoming community, and access to both studios.

2× / Week Reformer & PRIME

8 CLASSES MONTHLY

- ✓ Reformer, Tower & Chair
- ✓ PRIME Strength
- ✓ All levels — Align, Flow, Restore & more
- ✓ Add-on classes available

Explore Membership

3× / Week Reformer & PRIME

12 CLASSES MONTHLY

- ✓ Reformer, Tower & Chair
- ✓ PRIME Strength
- ✓ All levels — Align, Flow, Restore & more
- ✓ Add-on classes available

Explore Membership

MOST POPULAR

All Inclusive · Both Studios

UP TO 40 CLASSES MONTHLY

- ✓ **Studio A:** Reformer, Tower & Chair
- ✓ **Studio B:** Mat, Barre, Yoga & more
- ✓ Includes PRIME Strength
- ✓ All levels, every instructor
- ✓ Add-on classes available

Explore Membership

Class Packs · Studio A & Studio B

FLEXIBLE OPTIONS

- ✓ **Studio A:** Reformer, Tower & Chair
- ✓ **Studio B:** Mat, Barre, Yoga & more
- ✓ PRIME Strength
- ✓ 5, 10 & 20 class packs
- ✓ Single sessions available
- ✓ No membership required

Explore Class Packs

Looking for something else?

Gift cards, retail and one-off purchases live in the store. Private sessions are booked separately.

Visit The Store

Book A Private



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STUDIO

- [Our Story](#)
- [Our Team](#)
- [Reviews](#)
- [Pricing](#)
- [Memberships](#)
- [Class Packs](#)
- [Contact](#)
- [Studio Policies](#)

BOOK

- [Privates](#)
- [Classes](#)
- [Schedule](#)

VISIT

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CLASS PACKS · NO COMMITMENT

Move on *your* schedule.

Invest in yourself with flexible class packs that fit your lifestyle. Take the classes you love, explore new ones, and enjoy six months to use your credits — because your wellness should work around your life, not the other way around.

GROUP CLASS PACKS

Buy once. Use when it fits.

Choose the studio that fits your practice — Reformer, Tower & Chair packs for Studio A, or Fitness class packs for Studio B. Packs expire 6 months from purchase.

Studio A · *Reformer, Tower & Chair*

SINGLE

\$39

per class

Drop-in when you want, no strings attached.

- ✓ Reformer, Tower & Chair formats
- ✓ PRIME Strength
- ✓ Expires 6 months from purchase

Purchase

5-PACK

\$179.99

≈ \$36 per class

Save \$15 vs. five drop-ins. Good for a month of weekly classes.

- ✓ Reformer, Tower & Chair formats
- ✓ PRIME Strength
- ✓ Expires 6 months from purchase

Purchase

10-PACK

\$299

≈ \$30 per class

Save \$91 vs. ten drop-ins. Covers two months of twice-weekly classes.

- ✓ Reformer, Tower & Chair formats
- ✓ PRIME Strength
- ✓ Expires 6 months from purchase

Purchase

BEST VALUE

20-PACK

\$499

≈ \$25 per class

Save \$281 vs. twenty drop-ins. Ideal if you want flexibility without a monthly contract.

- ✓ Reformer, Tower & Chair formats
- ✓ PRIME Strength
- ✓ Expires 6 months from purchase

Purchase

Studio B · *Fitness Classes*

SINGLE

\$22

per class

Drop in to any fitness class, no strings attached.

- ✓ Studio B fitness classes
- ✓ Mat, Barre & Yoga formats
- ✓ No expiry on single drop-ins

Purchase

5-PACK

\$93

\$18.60 per class

Save \$17 vs. five drop-ins. Good for a month of weekly classes.

- ✓ Studio B fitness classes
- ✓ Mat, Barre & Yoga formats
- ✓ Expires 6 months from purchase

Purchase

10-PACK

\$169

\$16.90 per class

Save \$51 vs. ten drop-ins. Covers two months of twice-weekly classes.

- ✓ Studio B fitness classes
- ✓ Mat, Barre & Yoga formats
- ✓ Expires 6 months from purchase

Purchase

BEST VALUE

20-PACK

\$300

\$15 per class

Save \$140 vs. twenty drop-ins. Ideal if you want flexibility without a monthly contract.

- ✓ Studio B fitness classes
- ✓ Mat, Barre & Yoga formats
- ✓ Expires 6 months from purchase

Purchase

PRIVATE SESSION PACKS

One-on-one, your way.

Private sessions on the Reformer, Tower, Chair, or Mat. Solo, with a partner, or in a trio — same 6-month expiry, no contracts.

- One-on-One
- Duet
- Trio

SINGLE

\$89

per session

Full attention, one instructor, any equipment.

- ✓ Reformer, Tower, Chair or Mat
- ✓ Your choice of instructor
- ✓ No expiry on single

Book A Private

5-PACK

\$429

\$85.80 / session

Save \$16 vs. five singles.

- ✓ Reformer, Tower, Chair or Mat
- ✓ Your choice of instructor
- ✓ Expires 6 months from purchase

Book A Private

10-PACK

\$749

\$74.90 / session

Covers two months of weekly sessions.

- ✓ Reformer, Tower, Chair or Mat
- ✓ Your choice of instructor
- ✓ Expires 6 months from purchase

Book A Private

MOST POPULAR

20-PACK

\$1,439

\$71.95 / session

Committed to consistent private training — lowest rate available.

- ✓ Reformer, Tower, Chair or Mat
- ✓ Your choice of instructor
- ✓ Expires 6 months from purchase

Book A Private

READY TO COMMIT?

Memberships save more *month after month.*

If you're coming twice a week or more, a membership pays for itself by month two.

See Memberships

Browse The Schedule



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STUDIO

- Our Story
- Our Team
- Reviews
- Pricing
- Memberships
- Class Packs
- Contact
- Studio Policies

BOOK

- Privates
- Classes
- Schedule

VISIT

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MEMBERSHIP · CLASS PACKS · FLEXIBLE OPTIONS

Invest in Your Well-Being.

Choose the option that fits your lifestyle and goals. Whether you prefer the consistency of a membership or the flexibility of class packs, every visit includes expert instruction from highly qualified professionals, personalized support, and a welcoming community dedicated to helping you move with confidence and feel your best.

MEMBERSHIPS · PACKS · PRIVATES

Pick your path. Start today.

Every membership, class pack, and private option in one place — honest pricing, no hidden fees. Find what fits and reserve your spot in a few clicks.

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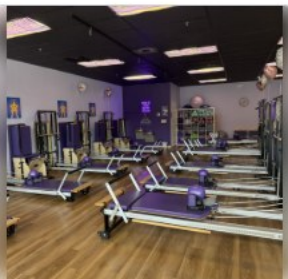
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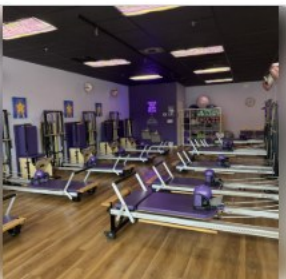
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Search by item name



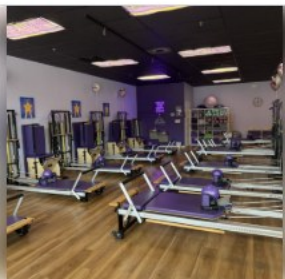
Single Session: Reformer, Tower, Chair & PRIME Class
1 Session
\$39.00

Add To Cart



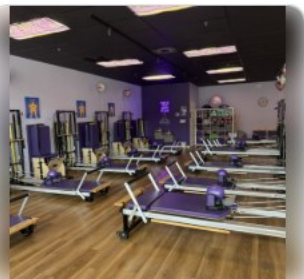
5 Pack: Reformer, Tower, Chair & PRIME Classes
5 Sessions
\$179.99

Add To Cart



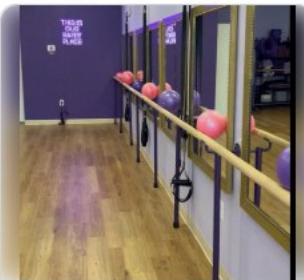
10 Pack: Reformer, Tower, Chair & PRIME Classes
10 Sessions
\$299.00

Add To Cart



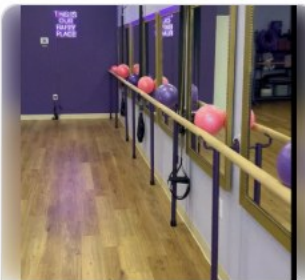
20 Pack: Reformer, Tower, Chair & PRIME Classes
20 Sessions
\$499.00

Add To Cart



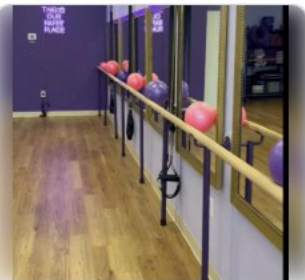
Single Session: Studio B Fitness Class
1 Session
\$22.00

Add To Cart



5 Pack: Studio B Fitness Classes
5 Sessions
\$93.00

Add To Cart



10 Pack: Studio B Fitness Classes
10 Sessions
\$169.00

Add To Cart



20 Pack: Studio B Fitness Classes
20 Sessions
\$300.00

Add To Cart



Sound Bath Meditation
1 Session
\$22.00

Add To Cart

Questions about which option is right for you? [Ask us](#) → or call [\(904\) 844-2449](#).



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STUDIO

Our Story

Our Team

Reviews

Pricing

Contact

Studio Policies

BOOK

Privates

Classes

Schedule

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VISIT · CALL · CONNECT

We'd love to meet you.

Every great journey starts with a conversation. Whether you're exploring Pilates, yoga, barre, or strength training, our team is here to answer your questions and help you feel right at home from day one.

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Free parking · Conveniently located

STUDIO HOURS

Monday	7:00 am – 7:00 pm
Tuesday	7:00 am – 7:00 pm
Wednesday	8:00 am – 7:00 pm
Thursday	7:00 am – 7:00 pm
Friday	8:00 am – 1:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	12:30 pm – 6:30 pm

Holiday hours posted two weeks ahead. [View Live Class Schedule](#)

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Write us. We'll write back.

Whether you're exploring Pilates for the first time or looking for a new studio to call home, we're here to help. We typically reply within one business day.

Just a thoughtful reply from a real member of our team.

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