



PRESS RELEASE—FOR IMMEDIATE RELEASE

New Pilates Studio Brings Movement and Wellness to Downtown Belleville

Belleville, Ont., April 16, 2025—Studio PEC, a new Pilates-based movement studio opened its doors in Downtown Belleville on Wednesday, April 16, 2025 located at 188 Front St.

Founded by experienced instructors Cait Ryan and Sofia Faga, the studio is an expansion of their successful Prince Edward County location, which has been operating since 2022.

The owners were joined by Belleville Mayor Neil Ellis and City Councillors Garnet Thompson and Margaret Seu at the official ribbon-cutting and grand opening ceremony. Also in attendance were Chris Auger from the Belleville Chamber of Commerce and Downtown District BIA Executive Director Danielle Hanoman.

Ryan and Faga were drawn to Belleville because of the demand from existing clients already traveling from the city to their Picton studio. “Downtown Belleville just made sense for us,” said Ryan. “We have a fair number of clients commuting from Belleville, and we wanted to bring what we offer to a larger community.”

The new space will focus on Reformer-based Pilates, complemented by mat classes, yoga, dance-inspired movement, and cardio-infused sessions. “Our approach is all about accessibility,” said Faga.

The studio is equipped with seven Reformers, specialized Pilates machines that provide guided resistance to enhance workouts. The Reformer is a powerful tool for support, challenge, and building strength at any fitness level.

Both co-founders have personal ties to Pilates. Teaching since 2015, Faga turned to it for back pain relief, while Ryan loved the mental health and mindfulness component. Their goal is to create a supportive space for others.

Ryan and Faga encourage everyone to give Pilates a try, even if they’re new to the practice. “We welcome all movers, all bodies,” said Ryan.



The studio will also host an Opening Party on Friday, April 18 from 5 p.m. to 7 p.m.

“We’re thrilled to welcome Studio PEC to Downtown Belleville,” said Danielle Hanoman, Executive Director of the Downtown District BIA. “Cait and Sofia bring not only years of experience but a genuine passion for movement and wellness. Their decision to expand into our core speaks volumes about the growing vitality of our downtown”.

“We’re thrilled to be a part of Downtown Belleville,” said Faga.

For more information about the studio, class schedules, and the grand opening event, visit thestudiopec.com and DowntownBelleville.ca

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