



WHAT CAN I EXPECT FROM A USUAL CLASS?

When you arrive at your class, the mats will be set up ready with the equipment that you need for that lesson. You can bring your water in with you to keep hydrated. Your teacher will ask the class how everybody's bodies are feeling that day and this is a great opportunity if you haven't done so already to explain new injuries or changes to current issues you have. You will then start the class going through a variety of exercises ranging in start positions that mobilise and strengthen the body.



LIFESTYLE PILATES





WHO IS PILATES FOR?

Simply put, everyone as long as you have the go ahead to exercise from your GP. We welcome absolutely everybody to join our classes. Regardless of ability, background or anything else that you may feel like is holding you back. If you are worried about not knowing anything to start off with, please don't be concerned. Everybody feels the same when they start something new, but to help we recommend some 1:1 sessions to get some of the basics fundamentals first!



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WHAT DO I WEAR?

We encourage you to wear exercise clothing that you are comfortable in and that you are able to move freely. We recommend you don't wear anything too baggy as our teachers may struggle to see and correct your bodies quite as well. Please be aware that some of our studios ask that socks are to be worn in the studio whilst doing your Pilates. There are some Pilates socks that you can find easily online to help grip but to start out, any socks will do!



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GROUP CLASSES OR 1-1? WHICH IS BEST FOR ME?

If you have not done Pilates before, we always recommend a couple of 'One to One' sessions to understand start positions and some Pilates terminology before joining a class environment. This is a great opportunity to ask questions and learn the basic fundamentals of Pilates. Also, 1-1's offer you a session with only you and an instructor. They are amazing for a lesson that is solely catered to your body and goals! If this is something you are after, a 1-1 might be something to explore.

If you do have some previous experience of Pilates and are ready to join a class then get in contact with us to find the most appropriate class for you!



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