

PARKSIDE PILATES with LAURIE SITTERDING

FAQ

• **What should I wear to our Pilates sessions?** Clients usually feel most comfortable in athletic workout clothing—without a thick waistband—that enables free movement but is not too baggy. Stretch leggings and comfortably form-fitting tops enable me as the instructor to see more clearly how your body is moving and what your form is like during the moves. Please feel free to wear whatever makes you most comfortable.

• **Do I have to wear grip socks?** Yes, for your safety, you must always wear grip socks in the studio. You may borrow a pair during your first session, until you can order or purchase some of your own. Any style is fine, although toe grip socks offer the most control with more advanced moves on the Pilates reformer..

• **Is there anything else I should bring to my session?** Comfortable athletic clothing that includes grip socks is all that is required. I also encourage you to bring a hair tie or scrunchie if you have longer hair.

• **Do I need to bring my own mat?** No, there are studio mats for your use during your session. Like all other equipment in the studio, mats are cleaned and sanitized between uses. If you have your own cushioned mat and would prefer to use that, feel free to bring it. Thinner mats, such as traditional yoga mats, are not adequately padded for safe, comfortable Pilates practice.

• **I am allergic to dogs. Do you have dogs in your home studio?** Although they will be locked in their crates during your session, we do have two dogs in our home, so if you are severely allergic to dogs, our home studio may not be best for you. We do not have cats.

• **Are you certified?** Yes, I am a nationally certified, comprehensively trained Pilates teacher (CPT), meaning that I have been trained to instruct on all Pilates apparatuses, including Mat, Reformer, Springboard, RTC Cadillac, Chair, Ladder Barrel, Step Barrel, Arc/Spine Corrector, and Magic Circle/Ring. Additionally, I have trained to instruct utilizing TRX, BOSU, free hand weights, and Barre.

• **Is your training classical or contemporary?** My introduction to Pilates came through an invitation from my daughter to join her at Club Pilates. I fell in love immediately with this form of full-body exercise movement, and I completed my initial 600-hour certification through their comprehensive training program. This program studies the original classical moves and methodology of Joseph Pilates' *Contrology*—what he called the system we now call classical Pilates—but also incorporates contemporary fitness movements and understanding, for a well-rounded, full-body workout experience. Currently, I am continuing my training with work toward a Classical certification as well as a Clinical Exercise Specialist (Rehabilitation) certification.

• **I have a condition/injury/special situation. Are you trained to work with me?** Yes! Both my comprehensive certification and the continuing education I am currently pursuing (anatomy,

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Classical Pilates, and clinical populations) include the study of anatomy and the particulars of the most common injuries and conditions affecting the bodies of many adults. Specifically, I have training and experience working with pre-natal and post-partum clients, as well as those experiencing low back pain, osteoporosis, scoliosis, osteoarthritis, ventral hernia, rectus diastasis, multiple sclerosis, plantar fasciitis, rotator cuff injuries, and many other conditions. Please reach out and ask about your situation, to see if I have worked with your condition before. My ongoing training to become a Clinical Exercise Specialist includes training for many common conditions.

• **I suffer from chronic pain and am worried about hurting myself. Is Pilates safe for me?** Pilates is among the safest forms of full-body exercise. By choosing this structured, controlled form of movement under the guidance of a certified instructor, you are ensuring that your chronic pain will be safely considered as we seek together to improve and alleviate it. I suffered from debilitating chronic pain for almost two decades, so I understand well the challenges you face daily. You can read more about my journey out of chronic pain here. (<http://parksidplace.blogspot.com/2021/11/the-change-that-changes-everything-part.html>)

• **Will I be sore after my Pilates practice?** Feeling your muscles ache a few days after exercise is known as delayed onset muscle soreness (DOMS). DOMS is common and can affect people of all fitness levels, particularly after trying a new activity or working more strenuously than usual. If the idea of experiencing DOMS is frightening to you—given a particular condition or pain you are experiencing—let me know, and we will proceed slowly and carefully to avoid the normal muscle soreness of DOMS. You may or may not experience DOMS with your usual Pilates practice, but good things are happening in both the small stabilizer and larger mobilizer muscles regardless.

• **I have not exercised in years. Is it safe for me to start Pilates?** Yes! Pilates truly can be beneficial for every body! Those who have been sedentary and inactive can proceed safely with Pilates, to incrementally strengthen and condition the body.

• **I am very overweight. Can I do Pilates?** Yes! Parkside has a variety of Pilates apparatuses, and I offer a wide array of exercises—and modifications, when needed—to provide truly individualized instruction for your personal fitness goals.

• **I am very active and already do many other forms of exercise training. Does Pilates have anything to offer me?** Yes! Pilates, which enhances core strength and endurance, is the perfect supplement to other forms of fitness training, many of which focus almost exclusively on strengthening the global mobilizer muscles, neglecting the local stabilizer muscles responsible for good body mechanics, posture, balance, and flexibility. Pilates will enhance and complement your other fitness pursuits in ways that may currently be lacking.