

How to Get Started

My goal is always to integrate a new client into a group class as soon as they are physically able, but Pilates takes time, patience and persistence and everyone is different as to how long it takes to catch on to this unique and many times frustrating way to exercise. Pilates is “corrective” exercise. Expect your body’s shape to change, increase muscular strength, definition and control. I can guarantee you that Pilates is not like anything else you have ever experienced in the area of physical fitness.

All new clients are seen through a series of private lessons before it is advised to participate in any of the mat or equipment classes. Safety is my number one priority and it is important to know how to use your body and the equipment properly in order to achieve the results Pilates is famous for.

On an average you can expect to be scheduled for a series of ten private lessons before group classes are recommended. Two lessons per week are highly recommended to gain the maximum amount of benefits. Private lessons would continue to be scheduled until you are able to participate in a group environment safely. Group classes are not always recommended for anyone with serious injuries or physical conditions and are evaluated on case by case bases depending on the type of condition and the level of personal attention required during the workout.

Machines vs. Mat

The mat based exercises seem to be the most familiar and widely advertised. You may have seen an infomercial on TV or taken a class in the gym or at another studio. The intended progression of Pilates was from machines to mat as most of our bodies generally require some physical development to bring them up to the level required to execute the mat exercises properly. Keep in mind that the bodies that came to Joe Pilates gymnasium, as he called it, were physical disasters. Many were dancers that suffered from injuries and required some rehabilitation before they could begin to master the mat exercises, hence the creation of the Trap table, Wunda chair, and Reformer to name a few of the many pieces of equipment that Joe invented. As the entire physical infrastructure of the body develops, with each muscle dependant on another for movement, the mat work becomes a physical maintenance program that is capable of continuing to strengthen the body’s physical infrastructure.

A combination of group machine and mat classes are the most effective way of getting and keeping the results Pilates is capable of achieving.