



## PILATES FAQ'S - GROUP CLASSES

### **Q1 : What do I need to bring with me to a Pilates class?**

- Please bring along your own water bottle.
- Pilates mats and small props are all supplied.

### **Q2 : What do I wear to a Pilates class?**

- Feel free to wear whatever you're comfortable moving in—something that lets you stretch and bend easily. Just keep in mind, there will be times during the session when you'll be lying on your back with your leg bent or in the air, so it's best to avoid anything too baggy.
- Bare foot is always best however, you may also like to wear non-slip socks for extra grip if you prefer.

### **Q3 : What if I have an injury or a chronic condition can I still come to Pilates?**

- Yes! I am not a Physiotherapist but I am an internationally accredited clinical and comprehensively trained Pilates Teacher who is certified to work with various injuries, conditions and pathologies. This is one of the reasons why it is important for you complete the Health and Wellness questionnaire before starting classes.

### **Q4 : What is the Health & Wellness Questionnaire?**

- New clients are required to complete an online 'Health & Wellness Questionnaire' prior to attending their first session. The link to access the questionnaire will be in your welcome email sent separately.
- Please be assured, all client information is treated with the utmost confidentiality and securely stored. Completing the questionnaire enables me to tailor modifications or exercise alternatives which are safe and specific to your individual needs.

### **Q5 : How long is the class?**

- The classes go for 60 minutes (1 hour) and have a maximum of only 6 participants.

### **Q6 : What can I expect from the class?**

- Everyone will experience something different from attending a Pilates session depending on what your body and mind need at the time.
- Typically, during a session, we focus on increasing joint mobility, strengthening and lengthening muscles and how to use breathing as a tool to increase and support your capacity to move.
- What I hear often from others at the end of a class is ..."thank you that was just what I needed, I feel stronger, taller, relaxed and grounded.