



PILATES FAQ'S - PRIVATE 1:1 SESSION

Q1 : What do I need to bring with me to a Pilates session?

- Please bring along your own water bottle, everything else is supplied.

Q2 : What do I wear to a Pilates session?

- Wear what ever you feel comfortable to move in and not feel restricted. However, there may be times when some exercises will require you to have your legs lifted towards the ceiling so nothing too loose or baggy would be more comfortable.
- The studio is air-conditioned, however, during the cooler months you may like to wear a few layers.
- Bare feet are always best however, you may like to bring a pair of non-slip socks for extra grip and they also help to keep toes warm in winter.

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

- Yes! I am not a Physio Therapist but I am a comprehensively trained Pilates Teacher who is certified to work with many different injuries, conditions and pathologies including pregnancy. This is one of the reasons why it is important for you to complete the Health and Wellness questionnaire before starting classes so I can design and program classes to suit your needs.

Q4 : How long is the session?

- The session is for 60 minutes (1 hour) in duration.

Q5 : What can I expect from the session?

- 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, there is a focus on increasing joint mobility and stability, strengthening and lengthening muscles, balance and using breath work as a tool to increase and support your capacity to move.
- What I hear often from others at the end of a session is ..."thank you that was just what I needed"