



## PILATES FAQ'S

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

- Please bring along your own water and a small towel. Pilates mats and small props are supplied, however if you have a special mat you like to use please feel free to bring it along.
- You may also like to wear non-slip socks for extra grip if you prefer.

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

- You can wear what ever you feel comfortable to move in and not feel restricted.

### **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 various injuries, conditions and pathologies including pregnancy. This is one of the reasons why it is important for you 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 class?**

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

### **Q5 : 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"