

PILATES FAQ Sheet

What is Pilates?

Pilates is a form of exercise designed to condition and connect body and mind, correct muscle imbalances, improve posture, and tone the entire body. A unique system of exercise, it can be practiced on a mat or on several different pieces of apparatus, some with spring for resistance.

What are the benefits of Pilates?

*Improved posture *Strengthened & toned muscles *Improved circulation *Relieves stress *Reduced fatigue/or chronic pain
*Improved alignment, coordination & balance *Increased lung capacity *Increased energy *Improved range of motion

How often do I need to do Pilates to see results?

By committing to Pilates just three times a week, you will get results! After just five sessions, you will notice changes and by 20 sessions you will have a new body!

I have been injured. Would Pilates be good for me?

Pilates is excellent for someone needing rehabilitation. It is a system of body conditioning that focuses on enhancing whole functional movements, not just one piece at a time.

What should I wear for a Pilates session?

Please wear comfortable gym clothing. No shoes are required.

How long is a typical Pilates session?

Sessions are between 50-55 minutes.

Do I have to be a gym member at Physical Edge to do Pilates?

No, you do not need to be a member to take classes. However, as a bonus to our Pilates class participants, non-members are welcome to come in and use the gym before or after their daily sessions*. *This does not include use of the warm water pool or group classes in the MPR.

Do I need an initial one-on-one session prior to joining a group class?

Yes. Each person must have this initial session prior to joining a class. This instructor will complete a health history screening, become familiar with your goals and how you move, teach you about some of the initial Pilates principles, orient you with the equipment and find the best match for you with regard to what class to join.

Can I just drop in or do I need an appointment every time?

All sessions are scheduled by appointment only.

What hours do you provide Pilates?

We provide various times throughout the day and evenings for scheduling pilates classes. If you have a limited availability, it is advised to contact the front desk as soon as you know your desired schedule. Or, you can come in and fill out a "class interest" slip so that we have an idea and can contact you further.

If I am already a gym member at Physical Edge, do I get to come to pilates reformer classes for free?

No. The Pilates studio at Physical Edge is an additional charge.

What if I move or decide to drop out?

There are no refunds, but you can pass your package along to a friend.

If I have to miss a class that is part of a series, what is your policy?

Please try to arrange an alternate time with your instructor and classmates to meet. Otherwise, you will have the option to adjust your prepaid package and take a private session.

Do you have free parking?

Yes, there is ample free parking. We also have plenty of bike racks.