



## FREQUENTLY ASKED QUESTIONS ABOUT PILATES AND MORE DETAILS ABOUT PILATES' COURSES

### GENERAL PILATES

#### **Q. Who is Pilates suitable for?**

- Pilates is suitable for everyone! You do not need to be fit to start Pilates - many who come were not fit at the beginning, but have improved so much by attending regularly. The primary goal at Experience Pilates is to get you to your own personal goals, whether it be fitness, pain reduction or stress release; no matter
- Age nor gender are barriers as it can be as gentle or as vigorous as you need it to be - it all depends on your goals; what you want to achieve.
- After an injury or surgery any rehabilitation will be done with care and consideration. This gives the body time to recover and regain the strength and flexibility it had before.
- It is safe during pregnancy (after the first trimester) and also postnatal (after your check up), and works to strengthen the back and abdominal muscles. See specific section on Pregnancy.
- For those who require a challenging workout we utilise small equipment and also the wall mounted Springboard.

#### **Q. What is Pilates?**

- Pilates is a total body programme, a workout for your body, mind and soul and is based on Joseph Pilates' original 34 pure moves.
- The exercises are designed to be functional for everyday life and activities, helping you to increase your core strength, correct any muscle imbalance and develop good posture and balance.

#### **Q. I'm not sure if Pilates is for me as I have health problems...**

- Pilates is for anyone, male or female, of any age or ability, even those with health problems like arthritis for example, can take part. Almost everyone who takes part in an Experience Pilates class has some form of health concern. Most attend to help manage their conditions, and others come to maintain their fitness so that their condition does not deteriorate too quickly.
- Before each session everyone completes comprehensive health screening form where you let the instructor know of any past or on-going health concerns. The more we know about you, the better we can help you in class.

[You can download a copy of the health screening form \(PARQ\) here.](#)

- You will be carefully monitored in classes and we limit class numbers to allow for this. In the class we will discuss any issues with you and adapt any moves accordingly. It is very important that you disclose all health information to us before commencing classes.
- We have a specific class for you if you are not sure or think your health may be an issue. We call it Positive Health Pilates - as we want you to have a positive response to your health when you take part in a Pilates class.

[Click here to read more about the Positive Health Pilates course.](#)



### **Q. How does Pilates differ from other forms of exercise?**

- Pilates is different from most exercises out there because it's non-impact and safe, and it really works on using the body as a whole. You're either lying on your back, on your side or kneeling on the floor where it's safe.
- When you move the body, you're trying to move it from the powerhouse, using your abdominal wall to protect your back. You're also working the body very evenly and symmetrically, making sure one side is not working harder than the other.
- We use a breathing technique that assists with the moves and helps relax the body and mind. Moves can be adapted so that everyone can do a version of that move and still get great benefits.

### **Q. Is Pilates suitable for men?**

- Most certainly yes.
- Joe Pilates himself was a keen, active sportsman. He enjoyed skiing, boxing, swimming, gymnastics and running.
- Whether you are a little out of condition and want to ease back into a more active lifestyle, or if you already do regular sporting activities you will feel the benefits of Pilates. Read more about [Pilates for Men on my blog...](#)

### **Q. Can Pilates help me? I have a bad back?**

- Yes, Pilates can help improve a bad back. The exercises strengthen all the muscles around your abdomen, pelvis and spine, and balance muscles throughout your entire body so they work together more effectively. This improves posture, movement and mobility which helps to protect your back from further injury.
- Depending on the cause of your back pain there will be some exercises that will be more suitable than others. If you have a bad back you should always consult your doctor before doing any form of exercise.

### **Q. I have an office job and haven't exercised in years - does that matter?**

- No! Pilates would be ideal for you. Pilates can be taken at a gentle pace that is suitable even for someone who has never exercised.
- You will be surprised at how quickly your body responds. Pilates is a great way to counterbalance many aspects of 21st century living - sitting and travelling for long hours, carrying heavy bags and rushing around.
- Once you have learnt a few exercises you can take Pilates with you wherever you go, and can easily be fit it into a busy lifestyle. Within your homework section of the blog there are many Pilates moves you can do during working hours - without anyone knowing what you are doing! (only you!)"

### **Q. Why is Pilates recommended for so many ailments?**

- |   |   |
|---|---|
| • Improve flexibility                       | • Improve posture                             |
| • Improve tone and strength of your muscles | • Enhance muscles efficiency and performance  |
| • Assist rehabilitation                     | • Help relieve back pain                      |
| • Improve balance                           | • Encourage more efficient breathing patterns |
| • Help prevent injury                       | • Help relieve headaches                      |
| • Improve body awareness                    |   |
| • Improve co-ordination                     |   |
| • Help relieve tension                      |   |



## ABOUT THE COURSES

---

### **Q. What do I need to bring?**

- Just bring along yourself, a small hand towel, a floor mat to exercise on and bring a drink of water.
- Please also remember to bring any inhalers or other medications you may need during the session. It is highly unlikely that you will need them.

### **Q. What would I wear to a Pilates class?**

- As long as you are comfortable and can take layers off or put them on if you get too hot or cold in class, you will be fine.
- We recommend stretchy, comfortable fit trousers or fitness pants/leggings as you will be mainly on the floor in various positions! You may feel more comfortable in a close fit t-shirt than a baggy, loose one, so it doesn't keep riding up as you move.
- You won't need fancy training shoes as all moves are done in bare feet or socks.

### **Q. What extra services do I get from attending an Experience Pilates class?**

- We like to offer more to all our clients and as such when you are experiencing Pilates on a weekly basis you get that little bit extra!
- Apart from safe, effective exercise, delivered by qualified, insured teachers, you will have access to our website for complete support. You will be sent weekly homework to complement your classes, so you can workout at home, plus, a weekly newsletter with up to date news on health and fitness issues, to keep you motivated and involved with us.
- This service is only available to our members and is password protected - don't worry you will be given the password!
- We also have a wide range of exercise sheets which you will have access to which allows you to continue your workout at home. This is strongly advised if you would like to get the most out of your weekly sessions.

### **Q. Why do I need to pay for a course?**

- We run the classes as 6 to 8 week courses as we feel it is beneficial and important for your safe exercise progression. We take you safely from week one, through each class in the course and progress and add moves as you improve. It would therefore not be good or safe practice to allow people to 'dip in and out' of a course.
- If you are looking for a class you can come and go to - sadly, we are not for you!

There are two main reasons for running the Pilates sessions as courses:

### **YOUR GOALS**

- I want to work with people in my classes who are committed to attending and to reaching their goals – whether it is a simple goal like "the class helps me relax and have fun" or to a more serious "I want to have less back pain and get my life back!", and I want to help people reach their targets, whatever they are.
- We take you safely from week one, through each class in the course and progress and add moves as you improve. If we were able to 'jump in and out' of something on a regular basis we would



not get the full benefit of the course and wouldn't see any improvement at all. It would therefore not be good or safe practice to allow people to 'dip in and out' of a course.

### **COMMITMENT AND WILLPOWER**

- I have seen from my experience over the last 10 years running Pilates courses that it is the people who make a commitment to the courses that tend to succeed and reach their goals.
- People start with good intentions to attend class, but often lose the willpower despite a very strong desire to reach their goals – the loss of will power may be prevented if they had made at least some financial commitment to come to class.

### **Q. What happens when a course finishes?**

- When a course finishes, there will be a new course starting after a short break (usually school term times). Those who have finished the current classes will have priority to sign on for the next course.
- Each course will be themed and varied, giving you a complete workout and continuing to improve your core strength, allowing you to progress at your own pace.

### **Q. How will I know the courses run?**

- We have dates of the planned courses and classes on our website, which you can view here.
- If you know you will be away and miss most of a particular course then you can miss that one out and sign up for the next one.
- However, priority for the next course will be given to those signed up although we always try to be as flexible as possible.

### **Q. How do I pay for a course?**

- You can pay in cash or by cheque, made payable to Experience Wellness Ltd, for the course total, which will vary depending on how many weeks it runs for.
- Paypal and bank transfer are also available, please contact me for details.
- Please pay for each course before it commences, thank you.

### **Q. Is it OK to eat prior to a Pilates class?**

- You should wait about an hour or so after eating before doing a Pilates class.
- Some exercises are performed lying on your front, and the exercises recruit muscles in your abdomen which can sometimes be uncomfortable if you have eaten.
- A small snack before a lesson is fine.