

# HOW DO I START TAKING PILATES?



**Private Session (equipment):** one-on-one session, you and an instructor

**Duet Session (equipment):** two people with one instructor

**Mat Class (equipment):** group class, up to 20 people

## **Where do I begin?**

We recommend your first Pilates session be a private one. This will introduce you to the Pilates apparatus, give you an idea of where your body is in terms of strengths and weaknesses, and allow you to formulate personal goals. Once you have taken your first private session, you will be more comfortable with the language and philosophy of Pilates.

## **How many private Pilates apparatus sessions do I have to take?**

After your first private session, it will be up to you and your instructor to decide if you are ready to move into semi-private and/or group sessions. Every person comes into our studio with a different background; therefore, there is not one formula for everyone. From our experience, beginners should take 2-3 private sessions before moving into doing semi-privates or group sessions.

## **What should I wear?**

You should wear whatever is comfortable for you to work out in, as long as your attire is not too oversized making it difficult for the instructor to observe your body during the workout. You will never wear any shoes during your Pilates workout; socks are optional.

## **How many times a week should I do Pilates?**

Two to three times a week is a good balance. You will be pleasantly surprised on how well you feel and look after only a few weeks. Remember – *consistency is the key to change.*

## **Can I start off by taking Pilates mat classes?**

**YES** – you can start by taking a Pilates mat class, as long as you do not have any major injuries. For those who have significant injuries, you should introduce yourself to Pilates by taking a private lesson.