

PILATES FAQ



What is Pilates, anyway?

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. A typical Pilates workout tends to be 45 minutes to an hour-long. Although Pilates is specifically defined as an exercise for the core or abdominal muscles, it is important that clients know that the core includes the entire trunk, which is the abdominals, the hips, the inner and outer thighs, and the back. Pilates is all about the mind-body connection and can be a great introduction to both physical and mental endurance.

What are the benefits of Pilates?

Pilates is a full-body exercise method that will help you strengthen and stabilize your core body so that you can move efficiently while improving your posture, flexibility, and mobility. Expect the moves to involve slow, precise movements focusing on form and breath control.

IMPROVE:
Flexibility
Alignment
Strength
Performance
Breathing
Endurance

Who can do Pilates?

Unless directed otherwise by a doctor due to illness or injury, Pilates can be done by anyone. The slow and graceful movements make this exercise accessible for most regardless of age or fitness level. There are specific classes and demonstrations for beginners.

Are there different types of Pilates?

There are two types of Pilates: mat Pilates and reformer Pilates. Classes are either based on a mat (think yoga mat) or a machine called a reformer, which is a sliding platform complete with a stationary foot bar, springs, and pulleys that provide resistance. Both options focus on the concept of control rather than cranking out endless reps or achieving muscle exhaustion. In Pilates, your muscles are working to lift against gravity and (in the case of the reformer) the resistance of the springs or bands, with the ultimate goal of strengthening and isolating the right muscles.

Interested in learning more?
Contact us to schedule a demo!

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