

Pilates FAQ's

What is Pilates?

Pilates is a system of exercise, which uses springs for resistance, which targets the deep muscles of the abdominals and spine to strengthen your body from the inside out.

What are the benefits of Pilates?

Pilates strengthens the core and lengthens the muscles. This helps with spinal stability, standing taller and moving more efficiently while increasing flexibility.

What age group is Pilates for?

Everyone. Pilates is beneficial for all fitness levels and body conditions. The method is a bridge between physical fitness and physical therapy customized for the individual needs.

Who is Pilates good for?

Everyone. Every Pilates session and every Pilates class is built around the client's need. Our instructors have been trained to work with clients of all levels and abilities. i.e Sports Conditioning, Post Rehabilitation, and overall conditioning.

What's better, mat or equipment based Pilates?

One is not better than the other. Pilates equipment such as the Reformer, Cadillac and Chair work with resistance to help sculpt, tone and stretch the muscles.

How often should I do Pilates?

It is recommended that Pilates be done 2-4 times a week. This consistent practice helps with muscle memory development.