

FAQ's ABOUT PILATES

WHAT IS PILATES?

Pilates is a form of exercise that uses concise, controlled movement that focuses on your core to improve flexibility and posture. Pilates works several muscle groups simultaneously through smooth, continuous motions, with a particular concentration on strengthening and stabilizing the core.

WHAT IS SO GREAT/DIFFERENT ABOUT PILATES?

- Pilates combines core training, strength and flexibility into one full body workout
- Improves sports performance including golf, tennis, skiing, dance & football
- Enhances functional fitness leading to more efficient & comfortable movement patterns
- Improves balance, coordination, breath & circulation
- Improves posture
- Helps prevent injury

HOW IS PILATES DIFFERENT THAN YOGA?

Yoga typically stretches and strengthens your body through slow static stretches whereas Pilates exercises are dynamic/moving. Each of the 6-10 repetitions of a particular Pilates exercise is precise, fluid, controlled and balanced. Participants say that Pilates is an "intense" workout.

HOW MANY TIMES PER WEEK SHOULD I DO PILATES?

Two to three times is ideal in addition to your cardio and strength training program.

WHAT IS A REFORMER?

The Reformer is the most popular piece of Pilates equipment. It consists of a rolling carriage inside a wooden or metal frame. The carriage is attached to the frame with springs that provide resistance (5 - 139 pounds!). Exercises are done in supine, sitting, prone, kneeling, and standing positions. Hundreds of exercises can be performed on the Reformer, and the design of the equipment allows creative instructors to adapt it for specific needs.

CAN I DO PILATES IF I HAVE A BAD BACK OR KNEE INJURY?

You should always consult your physician before starting any fitness program, and advise your Pilates instructors of your limitations. A Pilates workout can be gentle and controlled with no impact actions.



Why does Pilates use springs for resistance rather than weights?

Springs provide progressive resistance rather than continual resistance, so the strength of the spring increases the farther it stretches. For many exercises this means that the resistance is strongest at the point of maximum muscle contraction. This provides gradual resistance, which means the muscles are worked properly with greater resistance at the muscle's strongest point of contraction and less resistance on the initiation/completion of the contraction. This results in less stress on the tendons, ligaments and joint.



"After 10 sessions you'll notice a difference, after 20 others will notice, and after 30 sessions, you'll have a whole new body."

- Joseph Pilates

