

“What is Pilates Mat Class?”

Pilates Mat Class utilises your own body to provide resistance for an overall workout. Various props such as toning balls, flex bands and resistance circle are used to add resistance and provide variations. Mat-based workouts are very convenient and can be done anywhere.

“Is Pilates exercise like Yoga?”

Pilates is unlike Yoga. Yoga poses are considered as a preamble to centre, calm, and prepare your body for concentrated sessions of seated meditation. In contrast, Pilates was developed as a logical system of exercises specifically designed to enhance and balance the physical, mental, and spiritual aspects of the human body. In other words, Pilates is not about sitting still or holding poses, but about movement.

In addition, although both Yoga and Pilates are breath-based disciplines, the primary styles of breathing are quite different. Yoga teaches one to breathe in and out through the nose, which helps to calm the nervous system down. Pilates teaches one to breathe in through the nose and out through the mouth. The diaphragmatic breathing method of Pilates helps to engage the core muscles throughout the exercise.

“What kind of results can one expect from doing Pilates?”

The biggest benefit one can gain is body awareness — awareness of how one sits, stands or moves and being able to relate those habits to the aches, pains and injuries one may have or have had in the past. At the end of 15 sessions, one can expect an increase in strength, flexibility, mobility, balance, and body awareness, as well as a decrease in back pain and other general pains.

“How long will I have to do Pilates before I see results?”

An average active person who attends 2-3 classes per week should see results within 10-12 classes. This will vary depending on each individual and factors such as the number of classes attended each week, the nature of the class (private or group classes), participation in other physical activities, diet, and the presence of any existing injuries.

“Do I need to be fit to start Pilates?”

Pilates does not require any fitness pre-requisites. One can begin Pilates classes anytime, and at any level of fitness.

“What should one wear to the Pilates class?”

Please wear comfortable & tight-fitting workout attire. Most popular choices are a t-shirt or tank top matched with shorts or tights.

“What does one need to bring to my Pilates class?”

Please bring along a small towel and a personal Pilates mat for the Pilates workout. A water bottle for hydration is also recommended.