

# Pilates @ Xcel

## Description of Pilates sessions on offer

### Private and Duet sessions (by appointment only)

These sessions are highly recommended to everyone especially beginners and also if you are injured or have a specific goal. The one on one instruction speeds up your knowledge of the method far quicker than a group class as you will be corrected constantly. The client will experience exercises on all the pieces of apparatus during each session. Everyone who wants to join a Systems/Tower or Chair group should have at least 5 private sessions so an assessment of the clients strength and level is established. The private session is customized to the individual and a program can be set up where the client understands where their strengths and weaknesses are and will be given some helpful tips to take home and continue what was taught in the session. Progressing to a group session is the next step or continuing with privates will depend on the clients preference.

Duet sessions are offered for couples, friends or family who prefer to workout together privately rather than in a group setting. Although they may not be the same level, we will make sure that each person will get an appropriate workout according to their strength and level.

Both private and Duet sessions are booked privately and the bonus is that you can be flexible with your time so it suits your busy schedule and can change accordingly. Weekdays and weekends are open to all private clients. There is a strict cancellation policy of at least 2 hours notice.

### Group Apparatus class descriptions

#### Systems(3 people)

This session is the same as a private but with 3 people. The Reformer is the most well used and versatile apparatus and we spend the majority of this class on it. The reformer is designed to help support and assist the client in every exercise but at the same time challenge them with resistance from the various spring levels and also the uniquely designed movement based exercises. Once you have been on a Reformer, you will understand the full System of Pilates as it helps the client understand the fundamentals and concept of each exercise easily. This session also

includes exercises in the Pilates systems(over 800 different exercises) using ALL other pieces of apparatus(Chair, Tower and Barrels and box exercises). This group needs to have clients of the same level. We will do our best to put you in the appropriate group. There are 3 levels-Beg/Int/Adv.

### Tower/Chair combo(3 or 4 people)

The Tower exercises are similar to some mat exercises but we use springs and bars that add resistance and also help create a deeper stretch and helps lubricate all the joints. The Tower is the same as the Cadillac apparatus used in private sessions. This is a great challenging workout especially as we will incorporate the Chair exercises in the same session. The Chair is a great piece of equipment that allows you to challenge your balance & strength and improve on flexibility, alignment and coordination. It is a challenging class open to Int/adv clients only

All the above sessions are booked in advance and have a strict cancellation policy of at least 2 hours to give us a chance to find a replacement for your group.

### Mat exercises

These are the foundation exercises that require NO equipment and can be done on the floor with only a mat. We usually add various props such as Fitballs, flexbands, magic circles and light weights to help increase the resistance and understand the concept of the exercise. I recommend that these exercises are practiced daily for at least 10min. Mat class allows the client to learn and perfect these fabulous exercises that can be performed anywhere so are a great home exercise program.

They are taught in precise detail so the client knows all the proper form and technique requirements. Mat exercises are difficult to perfect so usually sessions on the equipment will help with the progression from the relatively easy Beginner exercises to the very difficult advanced exercises. It is a great cost effective class to add to your routine. It is highly recommended that you keep up regular mat classes so you don't acquire bad habits doing it on your own or from a DVD. Pilates requires precision and correct form for maximum results and corrections from an instructor is vital every now and then even if you know the exercises.