

# PILATES FAQ

## WHAT IS PILATES?

Pilates is a system of exercises designed to increase strength, flexibility, coordination, balance and control. Pilates focuses on the deep stabilizing muscles of the torso, hips and shoulder girdle. The exercises emphasize joint stability and muscle balance to create a stronger and more flexible spine. Regular Pilates will help you move through your daily life with fluidity and ease. Pilates will also help you to perform better in any athletic activity such as golf, baseball, cycling and running. Utilizing the mat and equipment, each exercise is performed with few repetitions, emphasizing precision, flow and correct form. Controlling your muscles, by focusing your mind, enables you to experience a new awareness of muscle function and coordination. Pilates strengthens the body and calms the mind.

## IS PILATES DIFFICULT?

For most beginners, Pilates is challenging. All movements in Pilates originate from the core, the muscles of the abdomen, buttocks, pelvic floor, back and inner thighs. As this area becomes stronger, the movements of Pilates are more easily performed. Pilates is meant to be challenging, even for those who do it often. As strength builds, the movements are done with greater precision and speed.

## IS PILATES LIKE YOGA?

In some respects Pilates is like Yoga. Both are considered mind-body methods of movement; both emphasize deep breathing and smooth, long movements that encourage the mind-body connection. The difference is that while Yoga requires moving from one static posture to the next, Pilates flows through a series of movements that are more dynamic, systematic and anatomically based, incorporating resistance equipment. The goal with STOTT PILATES exercise is to strengthen the postural muscles while achieving optimal functional fitness.



## CAN I DO PILATES?

People of all ages and fitness levels can benefit from STOTT PILATES. Pilates is a specific exercise form that focuses on developing core strength, mobility, improved postural alignment, and coordination. It is non weight-bearing and very adaptable to various body types, limitations and injuries.

## BEG VS INT LEVELS

- Beg Pilates Teaches about deep core muscles and how to engage them. It focuses on fundamental principles of Pilates, which in turn helps one perform Pilates exercises to the fullest benefit of the individual.

### What is the difference between the levels?

- The intermediate Classes are designed to push the body a little harder and increase your strength and endurance, so the biggest differences are in the pace and intensity of the Class.

### If I have never taken Pilates, but am active, can I skip the Beginning class?

- While being active will benefit you in the class, it is important to learn the fundamentals of Pilates in order to get the most out of the classes.