

So you're taking Pilates....

Joe Pilates once said about his exercise program, "You'll feel better after 10 sessions, look better in 20 sessions and have a completely new body in 30." It's true, as a matter of fact, most people report a different "awareness" in their bodies after just one class. It is **commitment to the process** which gives you a "completely new body". Pilates is not like other forms of group exercise. While learning the essentials, you may not even sweat, but your body and mind will work hard together so that you will feel exhausted. Expect soreness in very distinct places, because Pilates works deeper, smaller muscles which may have been neglected all your life. Essential Pilates matwork is just that- essential. We warn our students that if the simple exercises are feeling easy there is still a "Pilates epiphany" in your future.

Once you have a strong foundation and your body begins to *understand* the work, you WILL find your workouts physically strenuous in addition to being mentally taxing. Pilates tends to become more difficult as you progress because you learn to work harder and get the most benefit out of each exercise, even if they are only essential level exercises. You will get out of it what you put into it, so approach class ready to work hard and you WILL achieve your desired results AND leave feeling wonderful and invigorated.

In many ways, starting a Pilates program establishes a new relationship to your body and a smarter way to move. Vitality is committed to properly teaching the excellence in movement that is the legacy of Joe Pilates' revolutionary exercise program.

Intelligent Exercise. Profound Results™

Pilates Basics

- ⌘ Please arrive on time and take your shoes off before class/session starts and unwind.
- ⌘ Come dressed comfortably and ready to move. We suggest that you do not wear loose, short, shorts (like running shorts) or bulky hooded sweatshirts or any clothing that restricts your movement.
- ⌘ If you have an injury or special need please remind your teacher before class. We are happy to offer modifications that can make you more comfortable and still give you the essence of the exercises

☘ Please feel free to ask your teacher questions about the exercises; we appreciate feedback and want to give you the best experience possible!

Frequently asked Questions

Where are you located?

We are in downtown St. Paul on 10th Street between Robert and Jackson (for mapping search 145 E 10th St 55101) Right across the highway from Regions hospital and across the street from the Embassy Suites.

Where can I park?

If you are coming for a private lesson you may park in across the street in the Produce Exchange parking lot #38. There is ample on the street parking, mostly metered. There is free parking on Jackson by Global Village/Lift Kids. Otherwise, we always have a ready supply of quarters and the meters are enforced 8:00am to 4:30pm weekdays. We are the only business downtown that has bike racks and offer the eco-discount for bikers, busers or walkers.

Will I work out on the equipment? For matwork based classes you will use many of the small props to mimic equipment-based exercises but will not be on the specialized equipment.

What do I need to bring?

Nothing, we workout barefooted (or sock-footed (if you must) and provide the mats and props needed for class. We also have purified water and glasses but if you like to bring your own water bottle, feel free to do so.

What if I have to miss some classes in my Essential Pilates matwork program?

We understand that there are other demands on your time, and although it is ideal to come to every class we allow 2 make up classes by coming to a class on our regular schedule. If you know when you are going to be gone, we can give you homework in advance. It is best to use your make up sessions toward the end of your program. We also have a general workout that you can access on our website and a review of the principles through the STOTT PILATES website.

What if I am allergic to cats?

Lillian is our resident cat, we keep the studio clean and she understands what goes on here. She likes to greet and dismiss people but mostly stays out of the way. We can (and do) prohibit her from coming into the space/ near you by confining her to another part of the studio. Just let us know and we are happy to accommodate your allergies.

**Thanks for making a commitment to your health through
Pilates at Vitality!**