



## 'Mat' Pilates Classes vs. 'Studio' Apparatus Pilates Classes

Mat and Apparatus Pilates provide similar benefits; both build core strength, tone your body, increase your flexibility and balance, include weight bearing exercises, strengthen your pelvic floor, improve breathing and circulation and provide some relaxation and mindfulness.

Mat classes are conducted on a mat on the floor and utilize your own body weight for the exercises, whilst the apparatus adds resistance to the exercise via springs and cords with pulleys. Mat classes are the basis for Joseph Pilates work and teach you the basics of Pilates. For some clients it is the perfect place to start to teach alignment and posture, as well as activation of your deep abdominals and control of your movement. Group mat classes are not always for everyone, some clients find it difficult or are simply not able to get on a mat on the floor and or are unable to put weight through their hands and knees and some clients just prefer the resistance and assistance the apparatus can provide.

Both styles can be great for beginners right through to advanced. Sometimes people find the apparatus a little intimidating, and understandable so with its poles, moving carriages, springs, ropes, hooks, bars and handles – but rest assured each piece has exercises designed for all abilities and within a few sessions I'll teach you to love the apparatus Pilates as much, or more than your mat experience.

My mat classes consist of 8-10 people and are mixed gender classes. These classes run for an hour in length and are entirely on the mat using small props to both regress the exercises and also progress the exercises. I can teach around 70 different exercises on the mat, all of which can be progressed or regressed depending on the client's ability. Typically in a mat class we would perform 12-15 exercises per class. Mat classes vary from week to week and no two classes are the same.

My studio apparatus classes are a maximum of 4 people and are conducted on a combination of apparatus equipment which may include my reformer, trapeze table, combo chair, ped-a-pull, barrel, arc and a small amount of mat work, all depending on the client's needs and goals. Whilst these classes are for up to 4 people, each individual client has their own exercises and the session tailored to their needs. These classes also run for an hour in length.

The apparatus adds resistance to the Pilates exercises with the use of springs and cables on pulleys and the apparatus acts as a support system for the body, assisting the client to perform the exercises in the most accurate form. Spring resistance can

be altered depending on the client's needs and ability and varies in intensity from one client to the next. This allows for clients of all capabilities, injuries and rehabilitation, to the fittest of the fit and everyone in between. I can conduct very basic and highly functional exercises, to the most advanced movements in virtually any position. On my apparatus the combination of exercises, modifications and variations are in the hundreds and in various body positions, seated, lying down, kneeling, standing, on your side and on your stomach.

A Pilate's apparatus class will take your mat class experience to a whole new level; we can go far beyond what is possible on the mat.

Three key things for each style of class;

Mat;

- a choreographed class, that flows and is performed entirely on a mat
- Pilates started on the mat – it's where Joseph bought it all together
- Mat Pilates uses your own body weight for the exercises

Studio;

- Individually designed sessions on a combination of Pilates apparatus
- Far more ability to regress and progress the exercises
- Springs, ropes, pulley for resistance and frame works for support and advancement of the Pilates method

So which one should you do?

All new clients need to attend a private one on one Pilate's fitness screening and induction. This sessions allows me to discuss your general health and fitness, your currently and long term goals and what you'd like to obtain from your Pilates sessions. We then walk through a series of simple exercises that show me how you move and where your strengths and weaknesses are. From there, we can work out a plan of attack that best suits your needs - bring you into a mat class or studio class, start with some private one on one sessions or a combination of both. The options are endless.

Which one do I do?

Both – they complement each other.

I love both so much I've established what I love in the Barossa to share the knowledge of what Pilates can do for you.