

# Julie Cross - Fitness Pilates

## PILATES INFORMATION SHEET

### Health Information

- Please consult your GP if you have any concerns about your health in relation to commencing or continuing your Pilates practice.
- Before starting a Pilates class check with your doctor. Please ensure you inform your teacher about any health concerns or physical limitations you may have.
- Some sequences and postures are not suitable for people with certain medical conditions. Please contact Julie Cross Pilates prior to the class if you think that this might apply to you. Please inform Julie Cross Pilate if there are any changes in your health status prior to the class.
- If you are pregnant, please notify Julie Cross Pilates as certain postures and sequences may not be suitable. Expectant mothers are advised to attend a specialist pre-natal Pilates class during this time.

### Before the Class

- Please avoid Pilates on a full stomach. Allow 2 –3 hours after a full meal or 30 minutes – 1 hour after a light snack.
- Please arrive 10 minutes prior to the class if you are a new student to enable a health questionnaire to be completed and any medical problems to be discussed.
- Wear loose and comfortable clothing that allows free and unrestricted movement. Pilates is usually performed in either bare foot, or socks (preferably with anti-slip soles) to give stability and avoid slipping.

### Pilates Practice

- Only ever work within your bodies limits.
- Be patient and allow gradual progression.
- Always warm up gradually and work at your own pace.
- While some stiffness may occur after the first classes, you should not feel pain. If you are experiencing difficulties with an exercise, please do not hesitate in notifying the teacher who will be able to assist you and suggest modifications.

### Relaxation

Pilates classes sometimes end with a relaxation session. Please bring some extra clothes to use in this relaxation process to ensure optimal comfort.