



BODIES IN BALANCE

Pilates & Movement Education

est. 1998

Bodies in Balance is your practice space for body and mind. Here are some considerations to make your time with us positive and enriching. Please refer to our rate sheet for a thorough outline of payment policies.

Regularity of Practice

To experience the optimal benefits of Pilates, it's important to practice regularly. Consistency is the key to true change. When Joseph Pilates made his promise that, "In ten sessions you will feel the difference, in twenty you will see the difference, and in thirty you will have a brand new body," he wasn't talking about doing Pilates once a week. His clients came to him almost every day. It was a different time, life was less hectic. A more realistic goal when you're new to Pilates is 2-3 times a week for a one hour session.

Pilates is most effective when both equipment and the matwork are practiced. Whether in class or at home, practicing on a consistent basis will accelerate your learning and greatly enhance your overall health.

Getting Started

We recommend starting with the Foundation Training of 4 private sessions. Private lessons are highly personalized and will introduce the fundamentals of Pilates through both mat and equipment work. This groundwork will also give you an idea of where your body is in terms of its strengths and weaknesses & identify the best approach for your body and fitness goals.

Mat classes are open to all. However, if you are pregnant or recovering from surgery or an injury, we ask that you start by taking Private sessions.

For Group Reformer classes, we require completion of four private lessons and recommend ten. All clients must have instructor approval before taking reformer class. We strongly encourage you to continue taking one private lesson a month to review form and personal fitness needs. Clients with injuries are asked to remain in private instruction. Please choose a class appropriate to your level of experience.

Tone and Intention

When starting any wellness program, set your intention and focus at the outset. Make a commitment to the program and stick with it. The training we provide at Bodies in Balance harnesses the natural intelligence of the body-mind connection. As much as possible, we strive to maintain an atmosphere of quiet focus.

As such, we request that you turn your cell phones off and refrain from wearing perfumes and colognes during group classes and private sessions. Our classes are non-competitive. Particularly in group classes, keep your attention on your own practice. Be gentle and attentive to your body's needs and limits. Rest when you need to.

We invite you to begin your first month of Pilates with at least three workouts a week and a ten-minute Mat Workout at home on the other days. You'll quickly see how this creates more energy in your body and helps you to learn the exercises more effectively. The results you see will inspire you to keep the momentum.

Registration & Parking

Sign in and pay before your class. Please attend the level of class that your instructor(s) has/have approved for you. We encourage everyone to arrive 5-10 minutes early for class to allow for registration, settling in, and beginning class with a grounded focus. For the safety of all concerned, anyone arriving more than 10 minutes late to a class will not be admitted.

Metered street parking is widely available on Second Ave, Pine Street, and Naito Parkway. Allow ample time to park, sign in and prepare for class without rushing.

Attire

Wear comfortable fitness clothes that allow for a full range of motion. Shorts, t-shirts, tights, yoga and dancewear are all appropriate for a Pilates workout. Clothing that is oversized or too loose fitting can make it difficult for the instructor to observe your body during your workout. Sessions are taught in socks.

Food

Pilates exercises should be performed on an empty stomach. Ideally, wait three to four hours after a large meal, one to two hours after a light snack.

Health Conditions

Consult your physician before starting any new exercise regime, especially if you have health issues. Inform your instructor of any serious health conditions such as neck, back or joint injuries, heart disease, high blood pressure, recent surgery, pregnancy, and any medications you are currently taking. Mention any pre-existing injury or special conditions to the teacher at the beginning of class so that she can assist you with modifications.

To protect other clients and our instructors, during cold and flu season we ask that you not attend classes if you are not feeling well.

Mats and Props

We provide mats and props for use during class at Bodies in Balance. We also have mats available for purchase. Some clients use their own mats for reasons of personal hygiene and home practice. When leaving the studio, check to be sure you have ALL of your belongings with you, as we cannot be responsible for items that may be left behind.

With a consistent practice, you will increase your metabolism, sculpt muscles and have a greater sense of well being.

WebScheduler

Feel free to take advantage of our on-line scheduling tool, WebScheduler at www.BiBPilates.net. As you explore our on-line world, we welcome any feedback you may have. We hope it simplifies some of your scheduling & account needs. Of course, we are always happy to help with your appointments on the phone or in the studio at any time.

Once you have set up a user account and logged in, you can:

- view your existing schedule;
- check your account for current series information;
- purchase packages on-line;
- make appointments for private sessions, mat classes & group reformer classes;
- cancel appointments up to 2 days in advance.

Q. How do I make an appointment?

A. First, create a user account for yourself. Then, in the "Private Appt" view, click on the block (with the correct type of visit) you wish to schedule. A small window opens with the option to make a single or recurring appointment. After making an appointment, your current schedule will be displayed, including the lesson you just booked. At the top of your schedule your current series, if any, is displayed, showing how many sessions you have remaining and when the series expires. You must have a current package in order to schedule on-line. It can be helpful to confirm your appointments by calling the studio at 503/248-4483 the first few times you use the WebScheduler.

Q. How do I manage my schedule or cancel appointments?

A. Click on the "my info" link located on the top right menu bar of WebScheduler. You can then select the "my schedule" tab to view all upcoming reservations. For cancellations, click on the "cancel" link to the right of the appointment you wish to cancel. This feature will only allow you to cancel appointments 2 days or more in advance. Other cancellations should be made by phone or in person, not by e-mail.

Q. What if I want to sign up for a class but I don't have a current series?

A. You can purchase most packages on-line. For some Workshops and Series classes, registration must be done through the studio, either on the phone or in person. Prepayment is required.

Q. What if I forget my password?

A. If you lose track of your login information, please *do not create a new user account*. Use the "hints" that are included in your login process to remind you of your password. If you need further assistance, call the studio at 503/248-4483.