

MOVE IT STUDIO

barre • pilates • dance

PILATES FAQ

What is the difference between Move It Mat and Traditional Mat?

While the principles of Pilates and the movements are the same in both, Move It Mat adds the pace and flow of being choreographed to music. All while still keeping the movements deliberate and safe. Try both! Each is unique and beneficial.

Can I use my barre class pass for Pilates mat classes and Pilates equipment?

Your barre membership includes Mat Pilates classes. Pilates equipment classes can be added to your membership giving you the lowest possible rate for equipment. You may also purchase classes a la carte as a single class or as a 10 class pass. Interested in membership options? [Contact Abby](#) for details.

I have experience on the Pilates equipment just not at Move It, where should I start?

If you are injury-free and have had previous experience, register for any of the beginner or beginner/intermediate classes. These are not easier classes, just move at a slower pace so that you may become familiar with the style of pilates we teach. Often someone with previous experience will be able to jump into an intermediate class after a class or two. You can [sign up for our Pilates class intro offer here](#).

I have no previous experience but I am fit and injury-free, where do I start?

If you are injury-free and have had no previous experience, register for any of the beginner or beginner/intermediate classes. Often someone with no previous experience will be able to jump into an intermediate class after a month or so of beginner/intermediate classes making the full schedule available to you.

I am working with some compensation from an acute or chronic injury, but would like to try a Pilates class. Where should I begin?

The best place to start is with the [Private Pilates Lesson Intro offer](#). You can request an appointment online or contact Deb, Pilates Coordinator, directly at 717-471-6868.