

FAQ PilatesFIT



I've heard of Pilates, what is PilatesFIT?

PilatesFIT is Camberwell Sports & Spinal Medicine's fitness Pilates program. Like traditional Pilates, PilatesFIT aims to increase the body's strength and flexibility through a series of controlled and specific movements, focussing on exercises to enhance postural awareness, balance and muscle control. PilatesFIT however, uses a principle known as 'Isolate, Fatigue, Stretch' which combines traditional Pilates with a circuit based program that reaps all the benefits of classic Pilates, as well as improving cardiovascular conditioning.

You can think of PilatesFIT as being like your usual class with an extra kick!

What's the difference between Clinical Pilates and PilatesFIT?

Clinical Pilates is a rehabilitation based program that is supervised by a Physiotherapist or Clinical Pilates instructor. The exercises performed are specific to improving an injury with specific aims, therefore a thorough individual assessment is completed prior to undertaking a clinical Pilates program.

PilatesFIT is a fitness based program, led by our experienced Pilates instructors. No referral is required, and the exercises are of a general nature, meaning they are beneficial at improving your overall strength and condition. PilatesFIT is a fantastic and safe way to incorporate Pilates into your regular exercise routine.

What are the benefits of PilatesFIT?

The many benefits of PilatesFIT include the following:

- Longer, leaner and more flexible muscles
- Improved posture
- Improved balance and co-ordination
- Increased muscle strength and endurance without bulk
- Increased core strength and stability
- A decreased likelihood of re-injury
- Increased cardiovascular capacity

What can I expect from a PilatesFIT class?

Classes run for 50 minutes and utilise mostly reformer based exercises. Each class will be different to the last, and will incorporate both Pilates and resistance training. The aim of each class is the same, to isolate and fatigue, increasing your body's strength and endurance. At the end of each class, there will be time to stretch to assist in recovery and improve flexibility.

Who can do a PilatesFIT class?

PilatesFIT is for everyone! You don't need to be fit or flexible to begin classes but it is ideal that you are free of injury. Exercises can be modified depending on abilities, so that you get the most from each class.

PilatesFIT is also a great form of cross-training, when combined with other sporting programs.

I have a minor injury, can I still do PilatesFIT?

Depending on the nature and severity of your injury, and because exercises can be modified or regressed, it is generally fine to attend PilatesFIT classes. Please remember, the goal of PilatesFIT classes is not to rehabilitate specific injuries. If you're unsure if these classes are appropriate in your specific circumstance, please have a chat to your practitioner at the clinic.

I've never done Pilates before, can I start with a PilatesFIT class?

PilatesFIT classes cater for all individuals, with all classes providing thorough support and guidance from your instructor. With a maximum of 8 participants per session, there is strong attention to detail, and you can be sure you are performing each exercise safely and correctly.

What do I wear and what do I bring to a session?

Wear comfortable, gym appropriate clothing that will allow you to move freely. Please avoid overly baggy clothing as your instructor needs to see how your body is positioned and moving. Prepare to get a little sweaty, so you may also like to bring a small hand towel and a water bottle. Grip socks are required to be worn and can be purchased from the clinic reception.

Is PilatesFIT covered by my private health fund?

As PilatesFIT is a general fitness program, it is generally not claimable via your private health insurance. Some specific policies do cover these types of programs, but it is not a standard inclusion so please check with your insurer.

How do I sign up and what are my payment options?

Due to the nature of these classes, pre-payment for sessions is required. The easiest way to purchase and book classes is online via our website. You can choose to purchase single classes or cost effective multi-class packs.

Visit www.cssm.com.au/pilates



Camberwell  Sports & Spinal Medicine

1431 Toorak Road Camberwell 3124 | t/ 03 9889 1078 | www.cssm.com.au

Open 7 Days

Monday to Thursday 7 am - 8:30 pm

Friday 7am - 6 pm

Saturday 8 am - 4 pm

Sunday 9am - 5 pm