

### **Where is the imotion fitness studio and where do I park?**

Our studio is located in the Lower Level of the BDC Building at 119 Kent Street. Head down the stairs and follow the signs! We're nice and warm in the winter and air-conditioned in the summer!

The Queen Street Parkade attaches to the BDC building, with both stairs and elevator access to the lower level. Downtown Charlottetown has metered parking as well as some designated streets with one-hour of free parking.

### **How do I register for a class?**

All clients can book and pay for their classes online at [www.imotionfitness.ca](http://www.imotionfitness.ca). Clients can drop-in or book multiple classes at once. Packages for mat classes are available for a reduced rate.

### **What should I bring to class?**

Just bring yourself in comfortable, layered workout wear. You can take layers off if you get too warm. No shoes required unless specified. And bring a water bottle as well, as there is no water fountain on our level.

We provide all equipment, including mats, but you are welcome to bring your own if you're more comfortable with that.

### **How early should I arrive?**

Five to ten minutes before class is all you need. There may be another class finishing up before the start time of the next class, but we always leave enough time between classes to chat and allow clients to exit and enter without rushing.

### **Are there bathrooms and showers?**

We do not have access to showers and the closest washroom is just two floors up! Always a good idea to pee before you come to class 😊

### **What is Pilates?**

Pilates, pioneered by the late Joseph Pilates, is a mind-body exercise system designed to optimize physical fitness in people at every level of physical ability. Joseph Pilates (1880–1967) was a German expatriate who first made his mark in England during WWI by developing a series of exercises and innovative equipment to help prisoners of war regain strength and mobility. When Joseph Pilates immigrated to New York, the local professional dance community discovered that his conditioning technique, called 'Contrology' helped prevent injury and improve strength while maintaining long, even muscle tone.

At IMOTION FITNESS, we practice the STOTT PILATES method. STOTT PILATES exercises help women and men of all ages develop optimal strength, flexibility, endurance and posture, without building bulk or stressing joints. The perfect complement to cardiovascular exercise, athletic training or rehabilitation, STOTT PILATES can help you tone your body, feel revitalized and move with ease... and can also help whittle your waistline!

The benefits of practicing STOTT PILATES:

- Builds core strength and stability
- Improves posture and alignment
- Increases flexibility, balance and coordination
- Improves muscular balance and strength
- Increases muscular endurance and tone
- Prevents injury and heightens body awareness
- Enhances athletic performance
- Relieves stress and back pain

### **What is the difference between mat and reformer?**

Both Mat and Reformer Pilates help you build strength and flexibility while focusing on a stronger core and tying your breath to each movement. There are differences in the workouts, including the equipment you need, how hard the exercises are on your joints, and where you'll perform the practice.

Mat Pilates is done on a mat, with options to add small equipment like mini-balls, hand weights, or flexbands. It consists of a series of exercises that leverage your own body weight. The focus is on carefully controlling your core muscles throughout the class's repeated movements.

Reformer Pilates can look intimidating to some at first, with an elevated apparatus that includes springs, straps, a foot bar, a box, and a platform. It may look complicated, yet all of those pieces are there to give you the most impactful workout, designed to lengthen, strengthen, and tone your muscles.

These targeted movements coordinate with your breath to work specific muscle groups and improve both strength and flexibility. Throughout a Reformer Pilates class, you'll adjust the springs and straps to meet you where you are in your practice. While it's incredibly effective in working your entire body, Reformer Pilates is still low-impact, and the Reformer provides support and mobility assistance that isn't possible on a Mat.

### **Should I do a mat class before I try the reformer or vice versa?**

It is very beneficial to take a Mat Pilates class first, to gain a foundation, learn the five main principles of breathing, neutral spine, and scapulae, rib cage and cervical spine alignment and stabilization. The

mat principles will provide an understanding of how your body is supposed to move and react to each exercise and ensure you're ready to take on the Reformer.