

Studio Frequently Asked Questions

What should I expect at my first visit?

Expect a warm welcome—including a studio tour on your first session—paperwork review, and a brief orientation.

What should I bring or wear?

Bring a yoga or Pilates mat (or rent one), a towel, and a water bottle.

Wear fitted, comfortable clothing to ensure proper movement visibility.

Do I need to pre-register for classes?

Yes—classes can be booked online via our schedule.

We recommend arriving a few minutes early to complete check-in and any required forms.

What is the minimum age to attend classes?

Clients must be at least 14 years old.

For younger members, parental consent or youth-specific classes are required.

Are men welcome to attend?

Absolutely! Our classes are open to everyone, regardless of gender.

What are the benefits of Pilates and similar classes?

These classes enhance core strength, flexibility, posture, balance, and can help reduce stress or back pain.

What is the difference between Pilates and Yoga?

Yoga is an ancient spiritual practice emphasizing flexibility and meditation.

Pilates focuses on core strength, alignment, and rehabilitation.

How often should I take classes to see results?

For beginners, start with 2–3 sessions per week.

Committed practitioners may attend up to 5 times weekly.

Can Pilates help with injuries or back pain?

Yes—mindful Pilates can help alleviate chronic back or shoulder pain.

Always consult your doctor for serious conditions.

What equipment do you provide?

We supply mats and props like blocks or blankets, and reformer machines.

Clients can also bring personal equipment or purchase studio gear.

How do I book, cancel, or manage my membership?

Book or cancel via our website or app.

Cancel up to 12 hours in advance without penalty.

Membership freezes are allowed with advance notice.

What if I'm pregnant or recovering from injury?

Let your instructor know before class.

We offer prenatal classes and modifications suited for different needs.

Can I bring a friend or family member?

Guests are welcome through shared credits or trial sessions.

Check our guest policy for details.

Is there a waitlist if a class is full?

Yes.

If a spot opens up, you'll be automatically added and notified before class starts.

What COVID or hygiene policies are in place?

We recommend staying home if ill.

Regular cleaning, rented mats, and strict hygiene protocols are always upheld.