

What is the Difference Between Pilates Mat Class and a Private Session?

Have you ever wondered what the difference is between Pilates mat classes and individual apparatus sessions? You are not alone! The Seattle Athletic club is proud to offer both, but which one is for you? Here is a little history lesson to learn the genesis and evolution of Pilates.

When Joseph Pilates created his exercise system, "Contrology," he first developed a series of exercises to be done on the floor, which developed into his Mat Series (this is the mat class). He realized that it was nearly impossible for his first clients to do the exercises properly, so he developed a way to help them become strong enough by using springs. At the time, he was a German national in an internment camp, so Joe added springs to the hospital beds to offer rehabilitation to injured soldiers. This led him to develop some of the Pilates apparatus we still use today!

Therefore, ideally, you want to begin your Pilates experience with a private session. Not only will you receive the benefit of having the one-on-one personalized experience, but also the spring-loaded equipment offers resistance to provide more stability (for your weaknesses) and an added challenge (to your already developed strengths) while creating long, lean muscles. Your customized workout will include exercises tailored to you from various pieces of equipment, with names like the Reformer, the Cadillac, the Wunda Chair, the Spine Corrector, the Big Barrel, and the Foot Corrector.

