



Helpful Tips to Get Started

Congratulations on taking your first step toward improved health, strength, and flexibility. We look forward to assisting you in achieving your mind/body health goals. Here are a few things to make your sessions more enjoyable:

1. Your *Get Started Pilates or CoreAlign Package* includes four private training sessions. We recommend completing these sessions within a 2-3 week time frame in order to get maximum benefit from the information. You'll learn more easily by allowing 2 or 3 days between sessions.
2. We welcome ALL questions. Private sessions help you learn about your body as well as show you potential exercise modifications necessary for your best outcome. Feel free to clarify anything you are not sure about.
3. Four sessions may not always be enough to place you in classes—your safety comes first, and we want you to have a comfortable understanding of your movement patterns before joining a group. If you are not ready to enter classes after 4 private sessions, your instructor will discuss options and discounted private sessions with you.

Please let us know if there is anything we can do to make your visits with us more comfortable.