



Pilates ABC

WHAT TO WEAR

- Comfortable clothing that you can move in
- Socks
- Bring layers to adapt to room temperature as necessary.
- To help Alyth observe your alignment during the class try to avoid baggy or oversized clothing.
- Safety - dangly jewelry is best left at home!
- Shorts with linings, or shorts with lycra running shorts underneath are a good option for men not wishing to wear sports trousers

EQUIPMENT – what you will need to bring (you will be sent an equipment list if you want to enquire about my classes with a view to joining)

- Exercise mat
- Head support

WE ALSO USE THE FOLLOWING BUT IF YOU DON'T ALREADY HAVE THEM YOU MAY PREFER TO PURCHASE AFTER YOUR FIRST BLOCK

- Massage ball for footwork
- Pilates Overball
- Long resistance band
- Resistance loop
- (details of equipment are given on first enquiry including recommended suppliers)