Are there different styles of Pilates?

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If you're considering trying Pilates, you may have heard about different styles of this popular exercise method. At Physical Equilibrium, a premier Pilates studio located in Midtown Manhattan, New York City, NY 10022, we offer various styles of Pilates to cater to your specific fitness goals and preferences.

What are the different styles of Pilates offered at Physical Equilibrium?

1. Classical Pilates: Our experienced Pilates instructors follow the traditional teachings of Joseph Pilates, focusing on precise movements, core strength, flexibility, and breath control. This style allows you to develop a strong foundation in Pilates.

2. Contemporary Pilates: This style incorporates modern variations and modifications to the traditional Pilates exercises. It focuses on functional movement, body awareness, and alignment. Our instructors will guide you through dynamic and challenging workouts.

3. Reformer Pilates: Using the Pilates reformer machine, this style adds resistance to your workout, enhancing strength, flexibility, and balance. The reformer offers a versatile and engaging Pilates experience suitable for all fitness levels.

4. Mat Pilates: This style uses a mat instead of specialized equipment, making it accessible to all. Our instructors will guide you through a series of exercises that improve core strength, posture, and flexibility.

5. Pre and Post Natal Pilates: Designed specifically for expectant and new mothers, this style focuses on strengthening the pelvic floor, improving posture, and maintaining overall fitness during

pregnancy and postpartum recovery.

6. Post Rehabilitation Pilates: This type of Pilates is for clients who are transitioning from physical therapy back into a workout routine. Our post rehab Pilates teachers have extra certifications to deal with common injuries and will work closely with your physical therapist and/or doctor to develop a program to rehab and get you stronger to return to activities of daily living or back to your sport specific activities.

How do I choose the right Pilates style for me?

Choosing the right Pilates style depends on your fitness goals, preferences, and any specific needs or considerations you may have. At Physical Equilibrium, our knowledgeable instructors will work closely with you to understand your individual needs and recommend the most suitable Pilates style for you.

Can I try different Pilates styles at Physical Equilibrium?

Absolutely! We encourage our clients to explore and try different Pilates styles to find what works best for them. Our skilled instructors are well-versed in all styles of Pilates and can provide guidance and modifications to ensure a safe and effective workout.

How do I get started with Pilates at Physical Equilibrium?

Getting started with Pilates at Physical Equilibrium is easy. Simply give us a call at +1(917) 873-6100 or visit our website to schedule a consultation or book a session. Our friendly and professional team is ready to welcome you and help you embark on your Pilates journey towards a healthier and happier future.

Don't miss out on the benefits of Pilates! Whether you're new to exercise, coming off an injury, or a seasoned athlete, Pilates can be tailored to your individual needs. Join us at Physical Equilibrium, located in Midtown Manhattan, New York City, NY 10022, and experience the difference for yourself. We look forward to helping you achieve your health and fitness goals!

Contact us here: https://physeq.com/contact-phys-eq-physical-equilibrium-madison-ave-new-york-ny-nyc-10022/