How can I participate in Pilates if I have a busy work schedule?

Pilates FAQs · https://physeq.com/phys-eq-faq/can-i-participate-in-pilates-if-i-have-a-busy-work-schedule/

Frequently Asked Questions: How can I participate in Pilates if I have a busy work schedule?

You may have an extremely busy schedule between work and your personal life but want to be more active and try Pilates! We suggest you look no further and try private Pilates at our midtown Pilates studio. In this FAQ we answer how past and current clients of Physical Equilibrium have found our solution to being able to attend private Pilates even with their hectic schedule. Many clients are executive level professionals and/or have demanding jobs. We work with your schedule whether you want to come in early morning, lunch time, evening or weekends. This allows our clients to enjoy the benefits of pilates on their their own schedule. Let's help you find the time.

Q: I have a busy work schedule. Can I still participate in Pilates sessions at Physical Equilibrium?

A: Absolutely! At Physical Equilibrium, we understand that life can get hectic. That's why we offer flexible one-on-one Pilates sessions to accommodate your busy schedule. Whether you're an early bird or a night owl, we have Pilates teachers available at various times throughout the day, making it easier for you to fit Pilates into your routine.

Q: How long are the Pilates sessions at Physical Equilibrium?

A: Our private Pilates sessions typically last for 55-60 minutes to ensure you get a comprehensive workout and maximize the benefits of each session. We believe in quality over quantity, so you can

expect focused and effective workouts that fit seamlessly into your schedule.

Q: Can I choose the frequency of my Pilates sessions?

A: Of course! We understand that everyone's availability and fitness goals are different. That's why we offer flexible membership options that allow you to choose the frequency of your Pilates sessions. Whether you prefer to come once a week or multiple times a week, we have an option that suits your needs.

Q: What if I can't make it to the studio for Pilates sessions?

A: We've got you covered! In addition to our in-studio Pilates sessions, we also offer virtual sessions. This means you can participate in Pilates lessons from the comfort of your own home or office, making it even more convenient for those with busy schedules. Just let us know your preference, and we'll guide you through the virtual Pilates experience.

Q: Are the Pilates instructors at Physical Equilibrium experienced?

A: Absolutely! Our team of Pilates instructors at Physical Equilibrium are highly experienced and certified professionals. They have extensive knowledge of Pilates techniques, both classical Pilates and contemporary Pilates, and are dedicated to helping you reach your health and fitness goals. A few of our teachers are Post Rehabilitation certified so if you are coming back from an injury or transitioning from physical therapy, we can pair you with one of those instructors for your private sessions. You can trust that you're in capable hands when you come to Physical Equilibrium.

Q: How do I get started with Pilates at Physical Equilibrium?

A: Getting started with Pilates at Physical Equilibrium is easy! Simply give us a call or send us a text at +1(917) 873-6100 or visit our website to schedule your first session. We offer a complimentary consultation in person or over the phone to discuss your fitness goals and help you choose the right Pilates program for you. Don't let your busy work schedule hold you back from achieving a healthier and happier future. Join us at Physical Equilibrium and experience the difference today!

Remember, at Physical Equilibrium, your health and fitness journey is our priority. We're here to empower you, no matter your background or fitness level. Don't hesitate to reach out to us if you have any further questions. We can't wait to see you in our Pilates studio!

- **Physical Equilibrium Location:** 515 Madison Avenue (53rd between Park Ave and Madison Ave) Midtown Manhattan, New York City, NY 10022
- **Contact Number:** +1(917) 873-6100
- **Website:** physeq.com