



*The Beginners Guide*

# YOUR GUIDE TO ALL THINGS PILATES



Thank you for subscribing to our newsletter! We hope this guide is helpful to you. We hope to put your mind at ease so you feel confident as you walk through the doors of the studio!




# **I'M STARTING PILATES! NOW WHAT?**

**SO, YOU'VE DECIDED TO TAKE THE STEP TO START YOUR  
PILATES JOURNEY! NOW WHAT? THIS GUIDE WILL TELL YOU  
(ALMOST) EVERYTHING YOU NEED TO KNOW!**

# How long is a class?



Reformer Pilates is a 50 minute full body workout class on the Reformer Machine. We use tension springs to change resistance. We promise you'll feel better walking out our doors than when you walked in!

A Pilates studio with a wooden bar, mirrors, and reformers. The studio is clean and organized, with a wooden floor and white walls. A large mirror is mounted on the wall, reflecting the room. A wooden bar with black handles is mounted on the wall. In the foreground, there are several reformers with white frames and beige mats. A white basket contains a rolled-up grey mat and a black handle. A white box is also visible next to the reformers.

*"In 10 sessions you'll feel a difference, in 20 sessions you'll see a difference, and in 30 sessions you'll have a whole new body."*

-Joseph Pilates



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# WELCOME

*To the studio*

Pilates Barre Lex is a boutique wellness studio in Lexington, KY focused on inspiring you in your daily life. We are a hybrid Reformer Pilates and Barre studio located in the French Quarter Square right off of Richmond Road. We are a studio designed with the client in mind. We specialize in Reformer Pilates with a side of Barre integrated in our Fusion class and our goal is to bring purpose driven, restorative, and revitalizing workouts to our community. We hope this guide is helpful to you as you begin your journey here at Pilates Barre Lex!



*Warmest, Hannah*

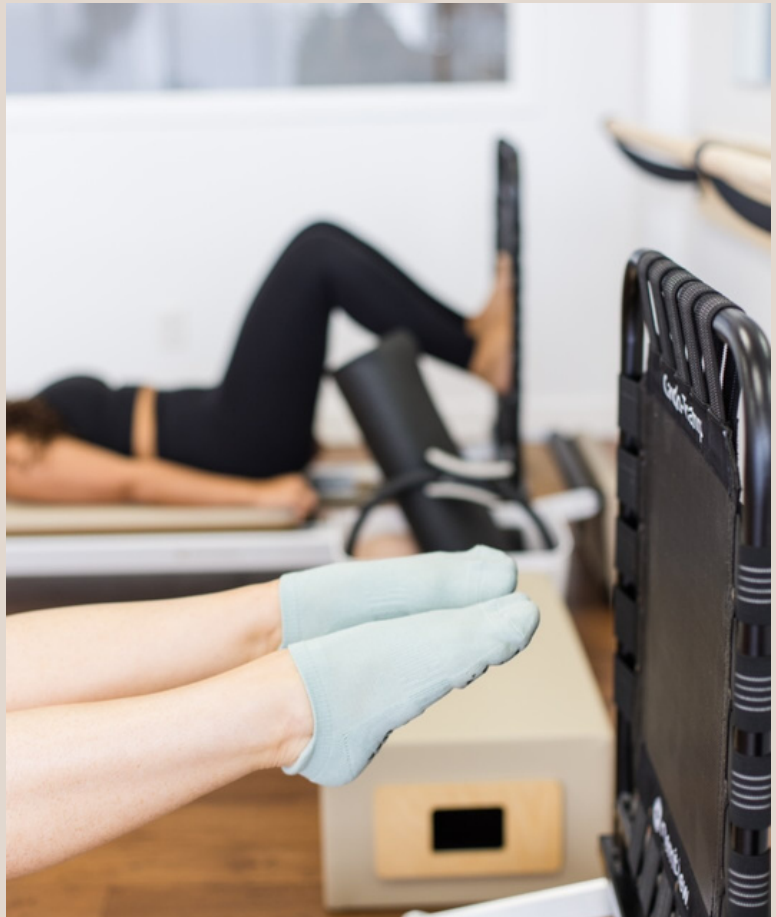




# VISION & MISSION

*Inspire | Challenge | Flourish*

Here at Pilates Barre Lex it is our mission to provide a safe space for **everyone** with quality instruction while helping enhance your wellness and overall mind body health. As a studio, we lead with integrity, open hearts, and create relationships that last. We are committed to providing a great experience where you feel welcome at any age or fitness level. We want to help you flourish through fitness.





# COMMUNITY

What to expect when you join our fitness community.

Our community is one like none other. Everyone is welcoming, encouraging, and wants you to succeed. Have you ever been intimidated to try something new because it seems scary? ME TOO! My entire goal when creating Pilates Barre Lex was to help take the fear away. I know how intimidating it can be to walk into a new space. Especially when you feel uneasy. I promise it won't be like that here. Check out some of our client testimonials and see for yourself! My #1 goal is to make everyone feel welcome and help you get results.

"Being brand new to Pilates I was nervous it wasn't going to be for me but Hannah made me love it from day 1. She knows how to listen and really care for her clients no matter how much experience they have."

-Marissa

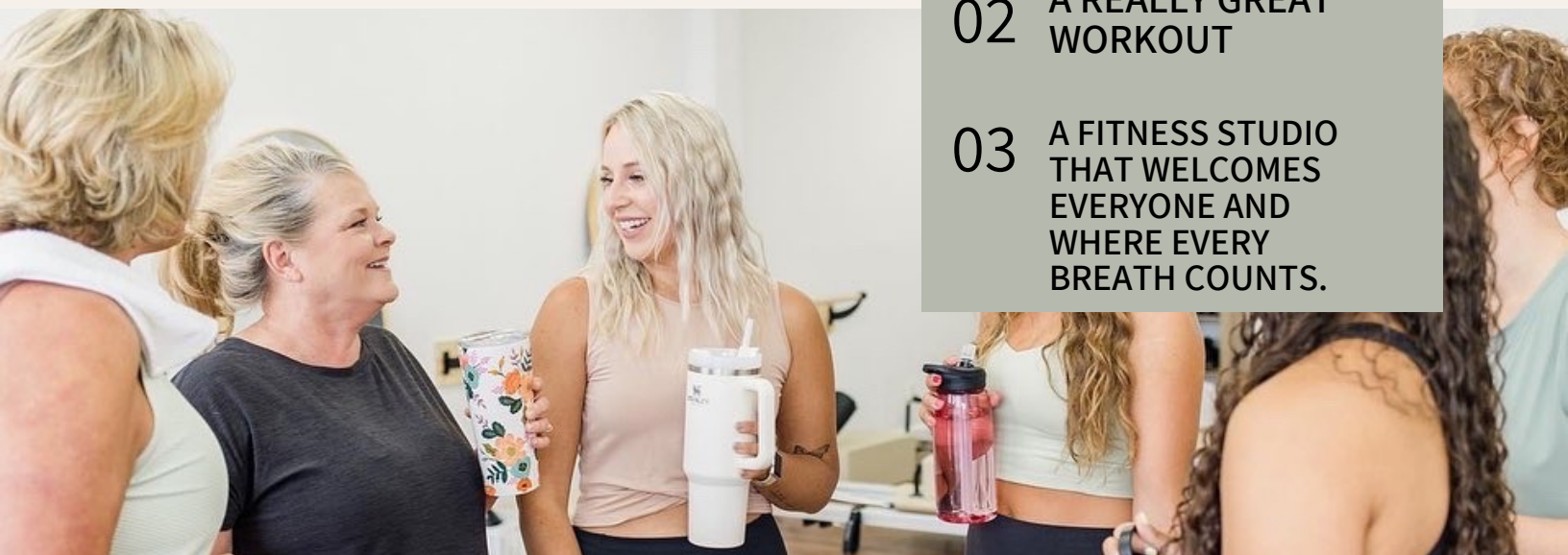
"I am brand new to pilates and absolutely fell in love with PBL within five minutes of my first class! Hannah and Abby know how to make you feel so comfortable and are so so encouraging."

-Maggie

"I've done Reformer Pilates for a long time, visited many studios in Lexington, and even have my own machine at home. I love going to this studio because it is light and airy, welcoming and warm. Hannah is a great instructor—her classes always challenge me, and I find her to be so kind and approachable. Her personality fits with the beautiful space she has created."

-Ashley

- 01 GENUINE & ENCOURAGING COMMUNITY
- 02 A REALLY GREAT WORKOUT
- 03 A FITNESS STUDIO THAT WELCOMES EVERYONE AND WHERE EVERY BREATH COUNTS.





**“Physical fitness is the first requisite of happiness.”  
— Joseph Pilates**



# THE ORIGIN OF PILATES

*Where did the fitness method "Pilates" come from and how did it originate?*



Joseph Pilates was born in Germany in 1883. Although we don't know much about his early life, we do know that he was a very sick child often presenting with asthma, rickets, and rheumatic fever. Despite his illness, he set forth with determination and grit and went on to become a gymnast, diver and skier. He then went on to become a circus performer, self defense instructor as well as a boxer. Keep in mind, this was all during the First World War in 1912. During this time period, he also worked as an orderly in a hospital where he worked with patients who weren't able to walk. He attached springs to the bed frames of the patients to help support the limbs and help them rehab. This is where Pilates was born and where the Pilates Apparatus' specifically, the Cadillac, stemmed from. Joe Created the method of movement and mind body connection, "Contrology" and as we know it today, Pilates. Pilates arrived in the US in the early 1920's specifically in New York where Joe and his wife, Clara, taught at a New York Studio. It became a sensation in the dance world since it was a chance to improve technique or recover from an injury and now is offered in many countries around the world. After his death, his work was passed on through 2 books "Your Health" and "Return to Life Through Contrology."



# PILATES FAQ'S

## Do I have to be flexible to do Pilates?

You do NOT have to be flexible to start. This is a common misconception! Instead, start right where you are! Reformer Pilates is a low-impact, full-body workout and when done consistently comes with extensive benefits, one of which is improved flexibility. We can't wait to meet you where you are in your Pilates journey!

## What do I bring?

A smile, your water bottle (we will have a refill station), and a change of clothes if needed. There is no shower, so bring a sweat towel if desired; however, we do have a bathroom if you would like to change on premises. We provide body wipes after class. Masks are optional, but if it makes you feel more comfortable you are more than welcome to wear one.

## What is Reformer Pilates?

Reformer Pilates focuses on the mind/body connection as well as breathing practices. It improves core strength, overall body strength, coordination, flexibility, mobility, and can help with back pain as well as improved posture. Consistency is key. Joseph Pilates created the method to be a low impact workout that is safe and effective for everyone no matter gender or age. If you have never worked out on a Pilates Reformer, we recommend at minimum, 2 Private Sessions before attending group reformer to become familiar with the piece of equipment.

## What do I wear?

Athletic wear that makes you feel comfortable and that you can move in! You can workout barefoot or in grippy socks. If you prefer socks, Amazon has some great options—simply search "Pilates Grippy Socks."

## Will there be a class for everyone?

YES! We will offer a variety of classes to suit your needs—from a Principles class all the way to Strengthen & Tone. If you don't know which class will suit you, Hannah will be able to give you guidance and a recommendation. If you've never done Reformer Pilates, we do recommend taking 2 Private sessions OR joining the Principles Group class FIRST.



# PILATES FAQ'S

*What muscles are you using during Pilates?*

All of them! However, Pilates really targets the little stabilizing muscles in the hips, shoulders, and core! Sometimes clients are surprised at how targeted Pilates is because it might be a muscle they've never used before or noticed previously.

*Are there different types of Pilates?*

Pilates all falls under the same general term. However, there are in fact different trainings. Classical Pilates would be true to exactly what Joseph Pilates taught. Then there is contemporary Pilates which is where you take the classical roots, but you modify the movement for the bodies in front of you making it more approachable for everyone. We consider ourselves Contemporary Instructors and it's how we were trained, BUT I (Hannah) appreciate the classical roots and love to go back to the basics at times. However, our Strengthen and Tone class is considered Athletic Pilates / Contemporary.

*what's the difference between Pilates and Yoga?*

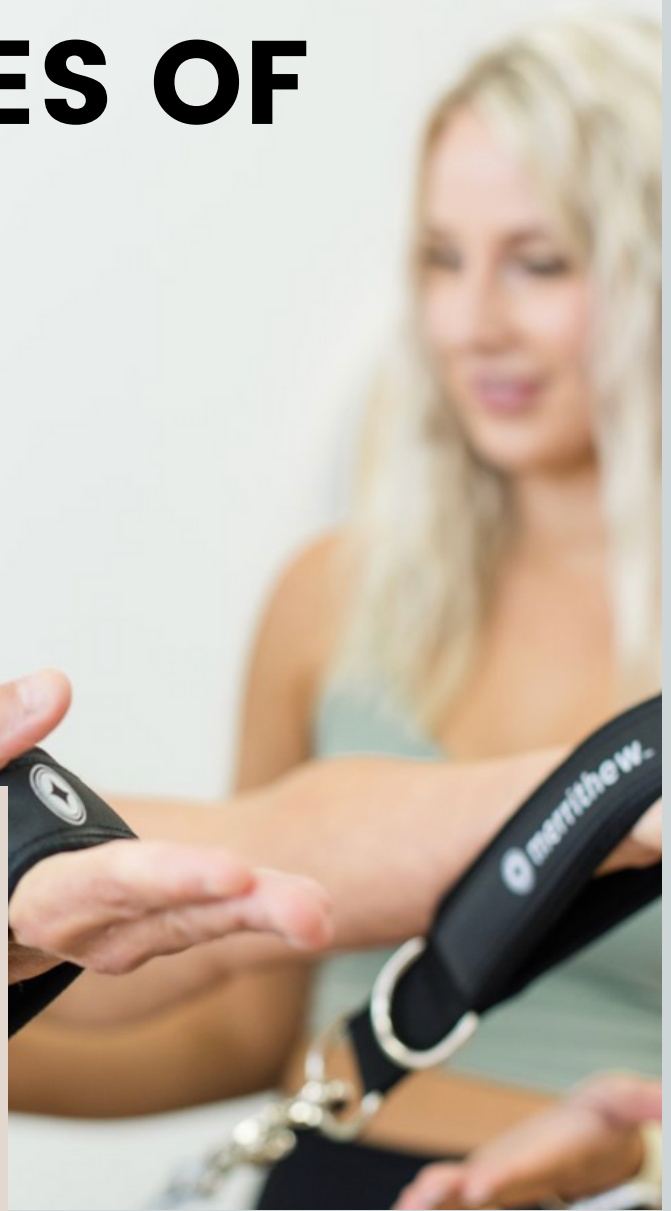
Although there are some similarities such as being low impact forms of movement, there are quite a few differences making them less alike than they are similar. Pilates focuses a lot on breathing practices / patterns and has more of a fitness aspect where as yoga is considered more spiritual and focuses more on relaxation. Although Pilates CAN be relaxing and focuses a lot on the mind body connection and control, traditionally speaking it doesn't have a spiritual background. Traditional yoga focuses on poses or static movement and uses your own body and single props. During Pilates it's dynamic movement and we use machines, tension, props such as balls / weights along with your own body weight to perform movement and flows instead of static poses to flows. Although both increase strength and flexibility, and are both great, I personally find reformer Pilates to be more body friendly to most people.

*Can anyone do Pilates?*

Unless you've been told by your Dr. not to do anything physical, most individuals can participate! I love working hand in hand with a physical therapist, if you have one. to help you rehab from injury. Pilates is a type of exercise that is friendly on your joints, and great for everyone. I truly believe it is the sort of movement you can do for the rest of your life and modify as you go!



# PRINCIPLES OF PILATES



## Principles of Pilates

Joseph Pilates based his work on three principles: Breath, whole-body health and whole-body commitment; with the whole-body encompassing mind, body and spirit.

It is in the honoring of the Pilates Principles that the depth of the work is achieved. These Principles are traditionally

cited as:

- Breath
- Concentration
- Centring
- Control
- Precision
- Flow



HOW DO I GET  
STARTED?

# WHERE TO START

INTRO OFFERS

2 Private Sessions: \$99

1 Week Unlimited Group Classes: \$50

## Purchase a New Client Offer

The perfect place to start if you are new to the studio is to purchase a New Client Offer! This allows you to try out the studio before you commit to a membership! But, we are sure you are going to love it!

2 Private Sessions for \$99 (\$150 value). This is the perfect place to start if you are a TRUE Reformer Pilates Beginner! We will show you the ropes in a 1:1 session with Hannah so you can feel confident if you choose to switch into group classes at Pilates Barre Lex or stick with private sessions! We would love the opportunity to work with you.

[\*Click Here\*](#)

1-Week of Unlimited Group Reformer Classes for \$50 (\$145+ value). Come try out our Group reformer classes that are taught throughout the day to get a feel of what it would be like to have a membership with us! We recommend starting out with the Principles class or Group Reformer class.

[\*Click Here\*](#)



# Meet the Team



Hannah Merideth  
Owner, Lead Instructor, CPI



Pilates has been my LIFE for the past few years. Originally, I studied under another local Pilates instructor, studio owner, and my mentor, Lucie Becus who now resides in Arizona. I gained my training to become a Certified Pilates instructor and have instructed group sessions, duets, and private sessions ever since. I'm also a former co-owner of another local studio, and since my beginning, I have furthered my Pilates education by attending STOTT Intensive Reformer training in Atlanta GA, as well as well as receiving training in Barre through American Barre Technique. Although I lean more contemporary / athletic in my instructing style, I love keeping the classical roots integrated into my instructing practice and I am a firm believer in both the Classical and Contemporary methods.

I've loved health and fitness for a long time; my background is originally in competitive swimming. Unfortunately, my swimming journey was ended due to a necessary surgery. After the surgery, I struggled to find another athletic outlet that I loved. After exploring other avenues such as running, cycling, and traditional gym workouts, I tried Pilates and fell in love with the movements and overall mind-body connection. It helped me both physically and mentally so that I could maintain the healthy and balanced lifestyle I enjoyed living after my swimming journey was ended years ago. Personally, I love the MIND, BODY, and SOUL aspect of the workout and I know you will too!

I'm a wife of almost 4 years to my husband, Taylor, and a dog mom to Talia and Phoebe. I'm a Lexington local now, but grew up in the countryside of Versailles and I absolutely love both the city and country. When I'm not at the studio teaching or working, I enjoy coffee dates with friends, spending time with my husband and dogs in any capacity, doing some sort of home project, hiking, finding the next best dinner spot, and thrifting. I love making a difference and impacting others lives through health and wellness, and I cannot wait to continue sharing my love of Pilates for years to come.

My favorite part of my job is creating genuine relationships with clients and helping them through movement and watching them progress in their Pilates journey. I love the friendships I've made through my career and I cannot wait to build many more relationships.

Welcome to Pilates Barre Lex and I hope to meet you in the studio soon!





# Meet the Team



Abby May  
Certified Pilates Instructor

Hi! My name is Abby.

I'm a Lexington native who just moved back after spending the last four years in New York where I studied dentistry at Columbia. I love being a dentist and working in the healthcare field. I'm very passionate about health and wellness! I love biking and long hikes with my dogs. I found Pilates while in school and it quickly became my favorite workout and stress reliever. Hope to see you in class! Abby teaches most evenings at Pilates Barre Lex and some Saturday morning classes. She also Teaches the RESTORE class. She is a wonderful addition to the Pilates Barre Lex team and I (Hannah) am absolutely thrilled to have her instruct at the studio - she is a gem!

Welcome to Pilates Barre Lex and I hope to meet you in the studio soon!



# WHAT IS A REFORMER?

To Pilates enthusiasts, there is probably no piece of Pilates equipment more important than the Pilates Reformer. The Reformer makes a dramatic impression and might even seem scary when you first see one, but not to worry! When used consistently you will notice a dramatic change in your body. Did you know Pilates studios have been offering private and group reformer classes for almost 100 years? So, what is the hype? Let's take a look at what a reformer is and how it works, plus explore the AMAZING benefits a reformer could have for your body.

## HOW DOES A PILATES REFORMER WORK?

As we mentioned before, the Reformer was created by Joseph Pilates. Its bed-like frame carries a flat platform, fittingly called the carriage that serves as the centerpiece for a multitude of exercises (the number of movements and progressions is truly endless). The padded carriage rolls smoothly back and forth on wheels within the reformer frame. It is attached on one end of the reformer to a gear bar with a set of springs (5 to be exact). The springs provide choices of differing levels of resistance as the carriage is pushed or pulled within the frame. Just because the spring is heavier doesn't mean the exercise is easier - Pilates is super fascinating in that way. The carriage also has padded shoulder blocks that provide a secure hold as clients push or pull the carriage. Good reformers such as Merrithew also have adjustable headrests for stability, comfort, and cervical alignment.

At the spring end of the reformer is an adjustable foot bar. The foot bar is used for different feet or hand positions as the client moves the carriage. The reformer also has long straps with handles that are attached to the top end of the frame. They are pulled with legs or arms to move the carriage. Body weight and resistance of the springs are what make the carriage more or less hard to move. Well-made reformers such as Merrithew (STOTT) are adjustable for different body sizes and different levels of skill.



Movement is essential to life!  
As Joseph Pilates Said, " 'If  
your spine is inflexibly stiff at  
30, you are old; if it is  
completely flexible at 60, you  
are young.'



## WHY YOUR WORKOUT IS IMPORTANT

There are so many amazing benefits you can receive through a consistent Pilates practice! Below are just a few of the amazing benefits.



**INCREASED CORE STRENGTH**  
**COORDINATION**  
**INCREASED ENERGY**



**INCREASED OVERALL TONE**  
**BETTER FLEXIBILITY**  
**WHOLE BODY FITNESS**



**MIND BODY CONNECTION**  
**IMPROVED POSTURE**  
**BETTER PELVIC CONTROL**



# CLASS OFFERINGS

At Pilates Barre Lex, we currently have 5 class offerings throughout the week!

## Principles

Whether you have taken Pilates for years, or are a brand new beginner, the Principles class is for you.

Based on the Principles of Pilates, This class is beginner friendly and tends to lean more towards the Classical Pilates Repertoire. We will work at a slower, but very effective pace. We will combine mobility and balance work with core and muscular training to create an overall feel good workout for the entire body.

[Open to ALL levels]

## Restore

The restore class focuses heavily on stretching and restoring the muscles of the body. Restore is slower paced, as we focus on our mind / body connection through the class. Feeling physically and mentally tired? This is the perfect class to add to the mid-week slump. If you have a knee replacement, hip replacement, or shoulder impingement this class is great for you as well.

[Open to ALL levels]

## Group Reformer

Great for all levels, Group Reformer is suited to fit all needs and fitness levels. Classical meets contemporary for a mood-boosting, feel-good workout.

[Open to ALL levels]



## Strengthen & Tone

Ready to SWEAT and challenge your balance? Our Strengthen and Tone class is for the advanced client and is a VERY Contemporary Athletic Based class. We'll start with the basics, but then we'll get you moving and shaking (literally). Our goal for this class is to get the heart rate up, add in weights, lots of props and elements of jump-board.

[Open to all levels, but recommended for intermediate to advanced skill level (6-12months experience + no injuries or surgeries).]

## Fusion

Barre movements and mat work are incorporated into our Fusion class. This brings the overall body workout from Pilates together with the precise movements from Barre to really light your soul and muscles on fire! You will love it!

[Open to ALL levels]

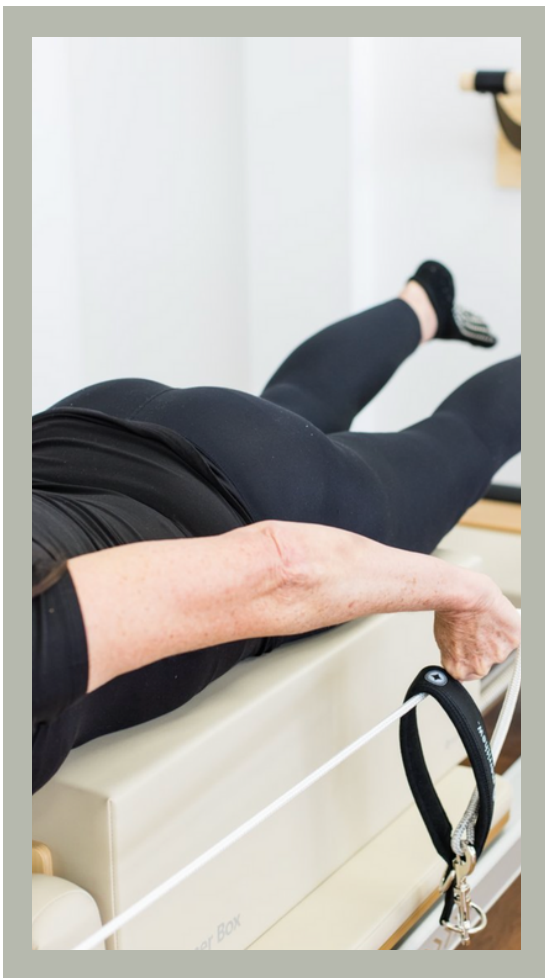


# TOP TIPS FOR GETTING RESULTS

Stay consistent! Consistency is key to anything including Pilates! With consistent practice, you WILL see a difference.

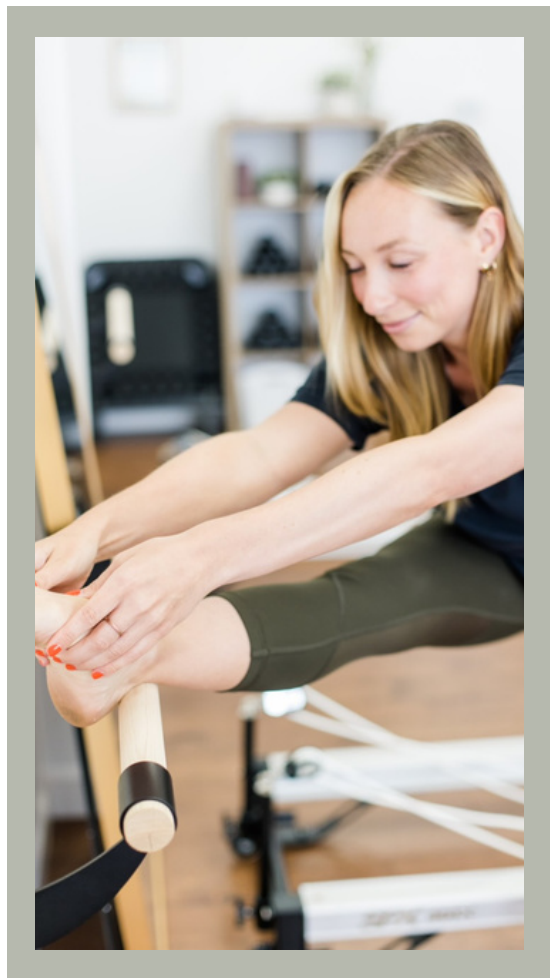
## 01

Come to class a minimum of 2-3x per week! With our Unlimited Membership, you can attend up to 6x a week! The more you attend, the quicker you will feel and see results!

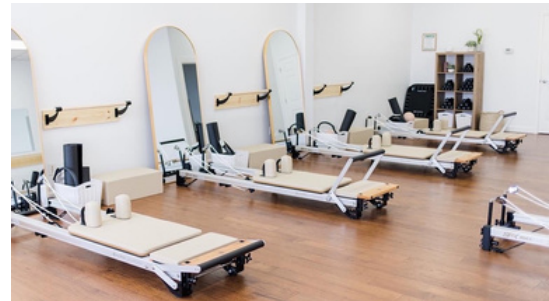


## 02

Focus on EVERY MOVEMENT, EVERY BREATH, and engage your CORE throughout the entirety of class! Don't worry, we'll remind you!



# TIPS AND HINTS



## 01

Be Patient. Pilates is not an overnight sensation and you cannot expect it to be! It is with a consistent practice you will see results!

## 02

Show up willing to be the best you can be for yourself!

## 03

Don't expect to feel sore after EVERY class! It is normal to not feel extreme soreness after Pilates! You should feel really great walking out the doors! If you are sore, it normally sets in 24-48 hours post class.

## 04

Really Focus on DEEP full breaths through class! Pilates includes so much breath work and it is KEY to get the most out of your movement. Full 360 breaths!

## PRO TIP

[CLICK HERE to learn how to properly engage your Pelvic Floor before coming to class!](#)



# WHAT TO EXPECT IN A REFORMER PILATES CLASS

Curious about what to expect in your Pilates class?

## FOOTWORK

Footwork is one of the first exercise series we learn on the Reformer and we implement it in every class (It is actually more than just a warm up). It is simple, straight forward, and feels great - I actually find that in daily life, the feet / fascia tend to get neglected besides for simply walking! The feet and ankles need love too! After all, they do give us a lot of support.

## 35 MINUTES MID CLASS

The 35 minutes in the middle of class are different almost every time you come to the studio! You'll see various targeted ab work, glute work, arm work, unilateral work (One side at a time), and you're always working your core and focusing on breath! At Pilates Barre Lex, the instructors teach to the class in front of them and formulate the class based on where each individual client is at in their Pilates journey or what injuries they might be dealing with! We will give you modifications to make movements more difficult or easier upon request. Pilates is all about those smaller muscles along with the larger muscles! We will start with the basics and then add progressions.

## FEET IN STRAPS

The client favorite! Typically, you'll see feet in straps implemented towards the end of the class. Although it involves stretching it is also a lot of core work, helps with pelvic stability, opens the hips, helps with flexibility and overall really feels great! It quickly becomes a client favorite and everyone looks forward to feet in straps!

## PRO TIPS

- We highly recommend having grippy socks for your workout! They help prevent slipping on the reformer if your feet get sweaty. Although not required, we do highly recommend socks.
- Be sure to bring a water bottle (we have a refill station). We recommend staying hydrated prior to class and throughout the day to help with muscle recovery.



A frequent question we get asked, “Is a Membership or Class Package Better?”  
Here’s the answer:

They BOTH serve a purpose. Although I am definitely partial to memberships because they keep YOU accountable. You have the option of 8, 12, or Unlimited Classes a month! Since you have to use your classes within the month, it’s much easier to stay on track with your Pilates journey! Not to mention they are a much better price point! You are committing to YOURSELF, your health, and your future self will thank you.



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## MEMBERSHIPS VS CLASS PACKAGES

*Which is better?*

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On the other hand, do you travel every other week for work or play? Do you want to continue moving, but know you can’t attend the same amount of classes every month? Then the Class Package is for you! With a slightly longer expiration, you’ll be able to continue your movement and it will work with your schedule!



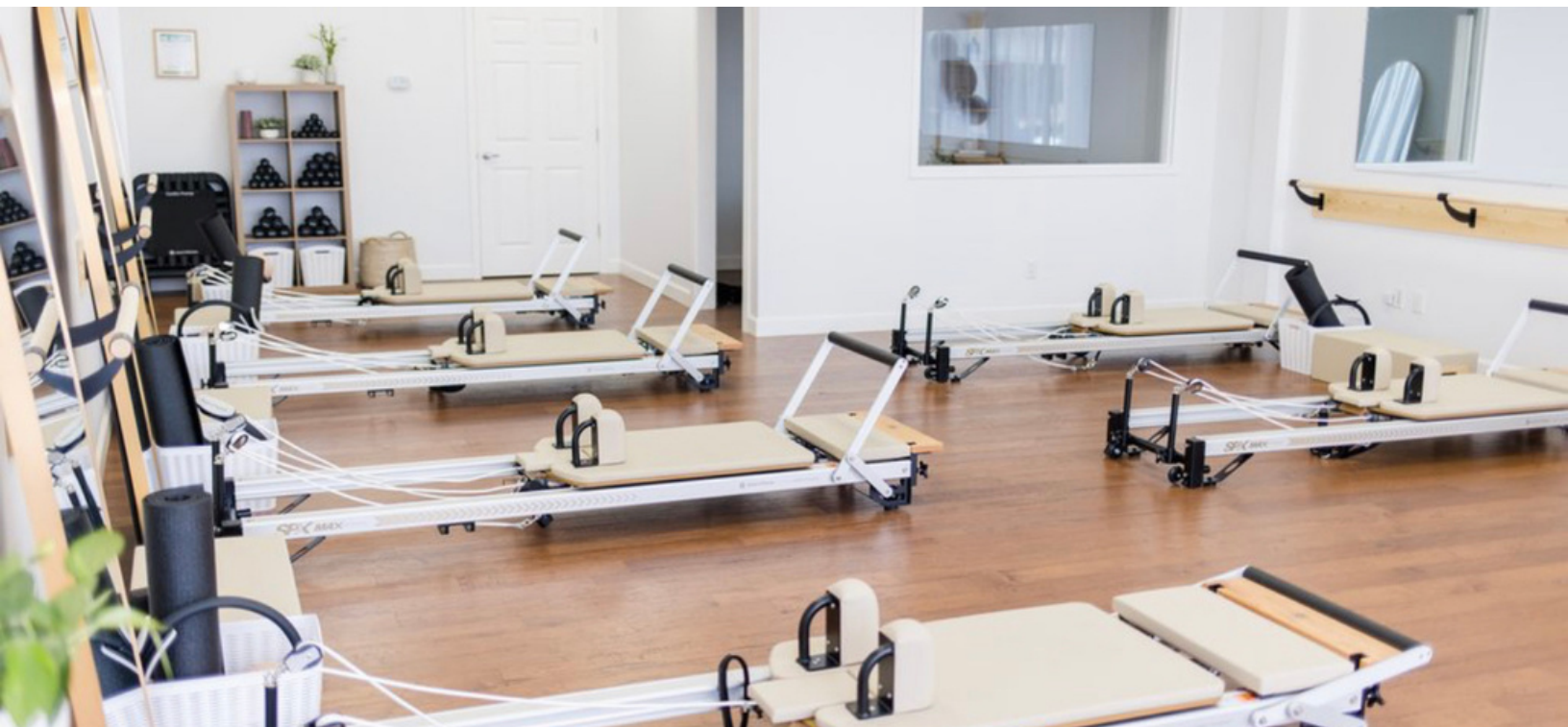


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# DOWNLOAD FITDEGREE

To Schedule and reschedule classes, please download the fitDEGREE app.

## ABOUT FITDEGREE

Please download the fitDEGREE app and type in “Pilates Barre Lex” as your fitSpot, visit our fitDEGREE website, or call us for more information at (859) 361-0572.

Unsure on how to use the app? Check out our resource guide here for step-by-step instructions and videos to get you started!

If you have any questions about initial account creation, please email the fitDEGREE support team at [support@fitdegree.com](mailto:support@fitdegree.com).

\*All transactions have added tax.\*

\*Teachers, first responders, military, and nurses receive 10% off of memberships upon request and submission of ID. Please call the studio. Not valid on New Client offers\*

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APPLE



We are so excited to  
Welcome you to the Pilates  
Barre Lex Family. See you at  
the studio soon! We hope  
this guide has helped you!  
Thank you supporting small.



THANK  
YOU

*Hannah xx*

CERTIFIED PILATES INSTRUCTOR & STUDIO OWNER PILATES BARRE LEX



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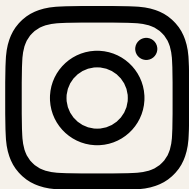
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Suite #330  
Lexington, KY 40509



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