

The Pilates Gym

In the Pilates gym you'll TAKE OWNERSHIP of your Pilates workout!
We will supply exercise lists to help you get familiar with your sequence and set up and so you can keep track of your progress. Everyone will be allocated a guaranteed Reformer. If you'd like to use additional equipment let us know when you turn up and if it's available you may use it. We have the following:

Reformers – Cadillacs – Towers - Classical Mats - High Chair - Wunda Chairs - Baby / Arm Chair - Ladder Barrel - Spine Corrector - Small Barrel - Ped-o-Pul - Stall Bars - Foot Correctors - Toe Correctors - Push Up Device - Hand Weights - Magic Circles - and more...

You can sign up to the Pilates gym if:

You have completed at least 5 classes at the Beyond Basics level, having learned everything in Basics with Pilates Centre previously. If you have been working out in another classical studio you may be able to join if you show proof of your workout history and clearance from your teacher that you'll be safe to set up your own equipment.

-OR-

You have completed a MINIMUM of 30 lessons at Pilates Centre

-OR-

You have been attending private lessons with Pilates Centre and your teacher has cleared you to do your workout alone.

-OR-

You're new to Pilates Centre but are a qualified Classical Pilates teacher (trained in all of the repertoire on all of the Pilates equipment) and can take care of yourself and our equipment.

-OR-

You're new to Pilates Centre but are training to be a Classical Pilates teacher (all repertoire on all equipment) and have at least 50 hours of practice hours under your belt.

The Pilates gym is not unfortunately open to new clients to the studio. However, you may book private lessons to be taught the method and how to work towards joining the Pilates gym once you're familiar with everything.

Gym Rules:

You're in charge of your workout here and need a good understanding of your equipment set up and exercise order. Everyone in the gym will be doing their own workouts to their chosen level and pace on their chosen equipment. The teacher is there to give guidance and suggestions to you as you workout, not to guide everyone together or teach every exercise.

You may only work on equipment you are familiar with and know how to use safely

You must take care of our equipment when using it and cleaning it - NO BUTTONS OR ZIPPERS ON CLOTHES ALLOWED (yes, even those tiny zippers at your bum!)

You must work out at a level appropriate to you and NOT try anything unfamiliar or Super Advanced on your own. 'If in doubt, leave it out'. It's always better to be cautious and keep yourself safe.

Recorded exercise videos may be allowed in some circumstances but this permission is at the discretion of your teacher and the studio. If you'll be exercising to a video you must wear wireless earphones. If you are booking to solely use a video please clear this in advance by emailing us the day before at info@pilatescentre.ie