



(<http://joyofpilates.net>)



New Client FAQs

What classes do you offer?

What do I need to do to take a class?

Can I get private training?

Can a friend and I get personal training together?

Can I try taking classes or getting private instruction before I buy a membership?

Do you offer special rates for students?

Can I register for classes or training sessions online?

What classes do you offer?

Joy of Pilates offers a variety of classes for all fitness levels. Our small class sizes allow the instructors to focus on your personal needs and goals. Visit our Mat class descriptions (<http://joyofpilates.net/mat-class-descriptions/>) and Reformer/TRX class descriptions (<http://joyofpilates.net/reformertrx-class-descriptions/>) to see the wide range of classes offered at Joy!

Our Pilates classes fall into the categories of Mat group classes (http://joyofpilates.net/studio/mat_group_classes/) or Reformer (http://joyofpilates.net/reformer_series/) and TRX (<http://joyofpilates.net/trx-series/>) series. See the calendars on those pages to find out what classes are currently being offered.

What do I need to do to take a class?

Before you attend any classes at the studio, you must complete our new client packet (<http://joyofpilates.net/studio/new-client-paperwork/>), which contains our studio policies, waiver of liability, fitness history and health history. The forms can be downloaded in PDF format (http://joyofpilates.net/wp-content/uploads/2017/09/new_client_packetJoyOfPilates.pdf) or you may pick up copies at the studio.

Also, if you are new to Pilates, you must take one session of private instruction (http://joyofpilates.net/private_instruction/) before you can attend any of our group classes.

Can I get private training?

Yes. Private training is ideal if you are new to Pilates, are recovering from an injury, or have specific fitness goals. Our trainers look at posture, body composition, lifestyle and general movement habits to build a custom session for optimum results. Private sessions (http://joyofpilates.net/private_instruction/) are made by appointment only with your desired trainer.

Can a friend and I get personal training together?

Yes. We call two-person training sessions "Duets." They are a great way to stay committed to a regular workout schedule, because your friend will be counting on you. Duets work best when you and your partner can commit to the same schedule every week and have similar physical abilities and goals. If you are new to Pilates, we recommend attending a couple of private Pilates sessions before you team up for Duet sessions (<http://joyofpilates.net/duet-sessions/>).

Can I try taking classes or getting private instruction before I buy a membership?

Of course. Feel free to enroll in our Mat classes, Reformer/TRX series classes, or private instruction sessions. See our Studio Prices (<http://joyofpilates.net/studio-prices/>) page for our current rates.

Do you offer special rates for students?

Yes. By showing us your college student ID, you can take one Mat class for \$11. Teens are \$8.

Can I register for classes or training sessions online?

Yes. We use an online registration and scheduling system called MindBody Connect. Start using it by setting up an online account (<https://clients.mindbodyonline.com/classic/home?studioid=37527>). You can also use the MindBody Express app (<http://campaign.r20.constantcontact.com/render?>

ca=df07bc12-afa1-46de-8b21-889e43b96fe9&c=41fb0350-f1de-11e3-9f48-d4ae52843aae&ch=42aa5620-f1de-11e3-9f79-d4ae52843aae) to schedule your next visit using your Android or iPhone.

Have a question this page didn't answer? Email us at info@joyofpilates.net (mailto:info@joyofpilates.net).

Proud sponsors of Roller Betties, Run Like a Girl, & Cedarville Farms CSA. © Joy of Pilates Inc.