



Small Group Training

What to Expect

Small Group Training is defined at Optimum as serving 2 to 5 people. We think of Small Group Training as more akin to personal training than a gym or yoga class for 10-15 people. Instructors will ask you about any injuries or physical limitations and pay close attention to your needs, goals, alignment, and movement patterns to help you get an effective workout while trying to keep you safe. Instructors plan the classes based on who attends a class.

- Because of the intimate group size, there are fewer class offerings than what you might find in a yoga studio or gym. However, if there is a time slot that is not on the schedule that you wish were on the schedule, let us know. (Call or email the studio.) If we can determine that there is enough interest among others, we may add the class to the schedule.
- Keep in mind that if a timeslot consistently has no one registered or just one person on a regular basis, the class may come off the schedule. To ensure your favorite time stays, be sure to sign up in advance.
- Always listen to your body first, and the instructor second. Don't push through pain. Don't fear that you are "high maintenance." Making modifications to exercises is frequently possible because of the small class size.
- Pilates is great for everybody, but not every exercise is for every *body*. Always disclose any injuries or physical limitations to your instructor before the start of class.
- Instructors are all independent contractors with a wide variety of training backgrounds, complimentary practices or careers, and teaching styles. We are very proud that every instructor at Optimum Pilates LLC is extremely well trained.
- If a client has numerous or serious physical limitations, an instructor reserves the right to suggest a client take private classes rather than group classes in fairness to others in the class and class planning purposes, or due to potential risk to the client or instructor.
- Because of the small size of classes, we adhere to a strict 24-hour cancellation policy that is common among Pilates classes, dentists' offices, piano lessons and the like. Please see Studio Policies for more detail.
- There is nothing like Pilates! Whether your goal is to be free from pain, or to improve athletic performance, core strengthening and total body alignment feels fabulous and generally improves the quality of life physically, mentally and emotionally for those who practice it consistently. Give it a try.