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Frequently Asked Questions

Q WHY SHOULD I COME TO ALL ABOUT PILATES?

A All about Pilates is a complete Pilates studio, having the only STOTT PILATES studio with certified instructors and STOTT PILATES equipment in the Black Hills. Our instructors are fully trained, enthusiastic, and knowledgeable in Pilates. We offer a full range of options for Pilates training from group mat classes to private and semi-private reformer sessions.

Q WHAT IS STOTT PILATES?

A Developed by former professional dancer Moira Merrithew, with input from sports medicine professionals, STOTT PILATES is a contemporary, anatomically-based approach to Joseph Pilates' original exercise method. Its exercises safely deliver optimal strength, flexibility and endurance, without adding bulk. This stress-relieving method can be performed on a mat or using dedicated STOTT PILATES equipment.

Q WHAT IS THE DIFFERENCE BETWEEN STOTT PILATES AND THE OTHER PILATES TECHNIQUES?

A Unlike the original series of exercises, STOTT PILATES incorporates modern exercise principles, including contemporary thinking about spinal rehabilitation and performance enhancement. For example, unlike the original approach, which promotes a flat back, STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. They also place more emphasis on scapular stabilization. As well, there are more preparatory exercises and modifications to make the method safer and more effective.

Q WHAT ARE THE BENEFITS OF STOTT PILATES?

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- Longer, leaner muscles (less bulk, more freedom of movement)
- Increase core strength and stability
- Help prevent injury
- Enhance functional fitness and ease of movement
- No impact, easy on the joints
- Compliments other methods of exercise
- Improves postural problems
- Heightened body awareness
- Improves performance in sports
- Customized to suit everyone from the general population and rehab patients to dancers and elite athletes



Q IS STOTT PILATES EXERCISE LIKE YOGA?

A In some respects Pilates conditioning is like yoga. Both are considered mind-body type methods of movement; both emphasize deep breathing and smooth, long movements that encourage your muscles to relax and lengthen. The difference is that while yoga requires moving from one static posture to the next without repetitions, Pilates flows through a series of movements that are more dynamic, systematic and anatomically-based. The goal with STOTT PILATES exercises is to achieve optimal functional fitness.

Q HOW LONG WILL I HAVE TO DO THE WORKOUT BEFORE I SEE RESULTS?

A The average active person doing 2-3 classes per week should see some results within 10-12 classes. This will vary depending on each individual and other factors such as the number of classes a person takes each week, whether they are private or group classes, whether they participate in other physical activities, and whether they have any existing injuries.

Q I HAVE A BAD BACK. WILL I BE ABLE TO DO PILATES?

A Although you should always consult your physician before starting any fitness routine, a Pilates workout is gentle and controlled with no sudden jarring actions. It is therefore more important that you work with a qualified instructor to ensure that you are doing the movements correctly. An experienced instructor will be able to modify the exercises to accommodate your workout schedule you will certainly feel results.

Q CAN I LOSE WEIGHT JUST DOING PILATES? IF SO, HOW MUCH WEIGHT CAN I LOSE?

A Pilates can be a positive addition to your overall weight loss program. Weight loss occurs when the number of calories consumed is less than the number of calories expended. The most successful and healthy way to achieve weight loss is an exercise plan that includes an aerobic component coupled with a strength training component, such as STOTT PILATES exercise, and following a balanced diet. Combining Pilates with aerobic exercise also offers additional benefits: greater mind-body connection, improved posture, flexibility and functionality.