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Pilates for Sports Conditioning and Athletic Performance

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Am I A Traitor To The Pilates Cause?

I work for a couple of large, franchise Fitness Centres and we are contemplating the following a different approach to boost the Pilates numbers.

(Our reasoning being it may be better to get the ab-crunch bunch at least doing a semblence of Pilates rather than none at all)

I'd be interested in some peer comments:

New Class: "Hard Core 50/50" (alternative titles: Hard Core Challenge or Hard Core & FitBall Class)

If you like the notion of True Grit, if you like ABT, FRANCHISE NAME is trying a new class concept that's a great way to complement your other activities.

True Pilates 'Core' engagement combined with the 'fun' of ABT moves and FitBall Challenge. It's a mix of

- Pilates concepts
• ABT type moves (ABT is an in house name for their Abs/Butts/Thighs class)
• Also using FitBalls to make the work even more challenging
• 50% Pilates / 50% FitBall Balance work - catering from intermediate to insane levels!

This class is not for the faint of heart - be prepared to get hot, very hot. You will be taught and shown how to 'work smart' as well as 'work hard'.

This class will be run by a qualified Pilates Instructor and have the a distinct emphasis on protecting your back and engaging stomach muscles effectively and in way that gives TONING and NOT bulk.

However, after the first 15 minutes, it will be VERY DIFFERENT from any other Pilates Class you will have done before

- 15 mins traditional Pilates preps / warm up
• 15 mins intermediate to advanced core work
- ABT type moves but with a Pilates emphasis / interpretation
• 30 mins intermediate to advance core work using Fitballs
- Put balance 'into the mix' and see how much more challenging it is

This class will cater for both those who want to work their core and are just starting out on that track.

However, the moves presented can and will be extended to the Nth degree for those who want a challenge and want to be pushed to the limit - safely!

You might want to plan a 'rest' for the day following this class..... 4 days ago

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Tanya Loxham, Jeff Yake and 1 other like this

14 comments



Follow Marie

Marie Wittman • I understand the wish to draw more class attendees but I feel good technique makes Pilates better than any of the trendy classes out there now. Pilates moves are constantly copied b/c they work. Teaching the public to appreciate it is my aim. That said, any time I teach smthg non-Pilates I say so. And I saw in the write-up that you are doing the same, good approach!!

4 days ago • Like



Follow Nicole

Nicole LaBonde • You may want to think about "Pilates-inspired" or something. But yes, differentiate between this is Pilates, and this is not, and I think you are OK.

4 days ago • Like

Kertesz Mari • Thank you for asking: you are trying to use the Pilates name to market a class that has maybe some moves of it but it is not Pilates at all. Pilates is intelligent exercise based on accumulated knowledge and thoughtful implementation of moves

Latest Updates



Simon Trangmar commented in the group on Am I A Traitor To The Pilates Cause?: OOOOOGGG Goodness I wonder who first coined the phrase 'Be careful what you wish for'..... as it seems particularly poignant here. I... Like (3) Comment (14) 3 minutes ago



Valerie Starbuck and 1 more commented on: Am I A Traitor To The Pilates Cause? 14 comments 11 hours ago



Nicole LaBonde likes this comment by Samantha Wellman Am I A Traitor To The Pilates Cause?: I agree with all of the comments. I'm a relatively new instructor and I've found I disagree with the way Joseph's work has been... Like (2) 14 hours ago

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to you. It is not Pilates however. 4 days ago • Like

5



Andrea Maida



Kertesz Mari



Stella Hull-Lampkin



Samantha Wellman

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Follow Tanya

Tanya Loxham • We have been doing this for years and built a most inspiring business around it as well as become very significant in delivering pilates as a pure method. Our client base prefer the attack on their body and always come back for more and report great posture improvements and healthier joints/spines with the mixed method... keep at it as it does give the results clients need and are looking for as well as ticking the wonderful box of the benefits the pilates method aspires to.

3 days ago • Like



Follow Amit

Amit Younger • I think that as long as you are very clear about what you are doing and as long as you are teaching Pilates when you say you are... and teach other stuff when you say you are... then all is good. There is nothing bad about doing Mat classes that are 30 minutes long or even less and there is nothing bad about giving people choices! The only trouble is when people do all sorts of exercises that are presented as Pilates but are not really... best of luck Amit

2 days ago • Like



Follow Elena

Elena Langlois Prado • I think that the word pilates sells and the people, (most of them) who likes body's exercises and sport, have not still a real knowledge what pilates be, at least as it was created, design and fundamented, and the gims and center of sport offers pilates's classes as a simples gims's exercises whit some element of the pilates's tehcnik as a way to capt customers because pilates's tehnik is not of the interest of the most of the people; I know that pilates exists in many stiles and format, but I think it's necessary to be nearest to its origen and fundaments and not deformed it at all, and meantime there's respet about it, all is good.

Sorry for my inglish, I have forgotten it a few ... and I haven't practiced it ... my language is spanish ...

luck!

2 days ago • Like



Follow Elena

Elena Langlois Prado • and sorry if I lost of the central topic ... only an adds ... good luck!!!

2 days ago • Like



Follow YANAPILATESPRO

YANAPILATESPRO Yana Yanezic (Jana Janezic) • oh dear, one of those again! I will be straight and blatant here, it is like one of those shops you see around here in London and I suppose elsewhere also, BBC Bathroom Wholesale (selling sinks, tiles but BBC sounds good and has nothing to do with actual BBC), Warmer Brothers (a shop selling dodgy DVD's, but hey look at spelling of a name), and many more....

I think it is all clear, good luck with the classes. They are obviously not going to be Pilates classes, Pilates is Pilates like football is football etc, so do Pilates properly and intelligently and rightfully call a class Pilates class, or do something else and call it something else which is ok.

2 days ago • Like

2



Follow Katharine

Katharine Barber • I know people buy into the concept of Pilates when it's , "hard core!" However my e performed is that it kills the purity of Pilates that Joseph created. I struggle constantly with clients who have taken Pilates in athletic formats. They just don't take to the original style and think they're getting an easy workout.

If Pilates instructors would teach Pilates, we'd all benefit financially.

1 day ago • Like



Follow Samantha

Samantha Wellman • I agree with all of the comments. I'm a relatively new instructor and I've found I disagree with the the way Joseph's work has been interpreted by a "necessary business model". A \$10-\$15 Mat class would imply; anyone can do it and that's it's the first step into to Pilates. I've found exactly the opposite. Mat is the work you hope to be able to achieve. You against gravity with an internal sense of alignment. I don't find this work becomes truly possible without extensive work up front. Further, the intent of Pilates is not to have "great abs and great arms". I don't think Pilates is about vanity - good looking muscles is just the result. Pilates shouldn't resemble a "boot camp".

1 day ago • Like • Reply privately • Flag as inappropriate

2

Kate Catlow • I think your class description is brilliant! I love that you are making the distinctions of what is Pilates and what is not. I think we have to meet the gym crowd half way to get them to even consider Pilates as a viable asset to their current work outs.



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Simon Trangmar

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competative swimmer and pushed my body beyond its limits - I am soo thankful that Pilates was available to rehab my worn out body and now in my 50's I cans say I am in better shape and work smarter not harder with my body than I did in my 20's. However, had I not been dealing with an injury I doubt that I would have even considered Pilates as a viable workout. Keep doing what you are doing! I applaud your efforts and wish you great success!!

17 hours ago • Like



Follow Valerie

Valerie Starbuck • Let's face it , this culture needs a big adjustment in the way it perceives the body and it's approach to fitness in general. Connecting to your core and breath does not equal working your abs to death so that you can pig out on pie after your done with your work out. More is not necessary better,instead start using your brain wisely instead of beating yourself up.

Slow down, understand what you are doing and do it with mindfulness and ease. This is an extremely intelligent method that has been evolving over the course of time in amazing ways, with the help of incredibly dedicated teachers that have spent their entire life studying extensively, not only the anatomy and physiology of the body but also movement patterns and it's mechanism. We are now working with the fascia and starting to understand it's effect on the way the human body moves, this is artistry !!! So please do this work justice and give it the respect it truly deserves. This is about well being and recognizing your true potentials.

11 hours ago • Like



Simon Trangmar • OOOOMMMGGG Goodness

I wonder who first coined the phrase 'Be careful what you wish for'..... as it seems particularly poignant here.

I posted my question to three Pilates groups on LinkedIn and had anticipated a few replies, maybe one or two liners, but your responses were just off my radar!

Ladies, Chaps - I never expected so many replies nor ones displaying so much thought and energy. I have read each response numerous times to be certain I really understood the advice and direction being offered. I am really grateful for your replies (and the discussion that followed was stellar!).

Although I'm Polestar qualified, it's only in the Mat Cert (the Diploma was way outta my reach) and I'm still really only a 'newb' teacher (18 months and only a couple of hours a week). Really good to be able to draw on so much highly qualified and long term teaching experience. I reckon it'd be an interesting exercise to tot up the number of years experience you guys collectively represent....

To those of you [rather a lot actually – grin-] who weren't entirely pleased at my proposed direction, I'll say this. The thing I like about the Pilates forums on Linked, is the way opposing views are expressed in ways that are certainly forthright ** but also respectful. I don't feel scared to ask what may end up as 'dumb questions'! I'm still going to proceed but in a somewhat 'tempered/modified fashion' – ie I'm taking onboard your comments – they didn't fall on deaf ears.

** ('forthright'.... heck, and that'd be putting it mildly –grin- but I appreciated the candour).

The trial is still some weeks away and I'll post again with the fallout (hoping I have the courage and good grace to admit publicly if it's a total fiasco.....!)

I'm going to work on a somewhat fuller reply, addressing some specific points – stay tuned J

Thank you again for all your comments.

Simon / Adelaide (Land Down Under)

3 minutes ago



Simon Trangmar • PS - I'd like to post a PDF version of this thread so far on my website.

I have an area to try and help Student Teachers / Teachers alike and I reckon the points raised by you all are very pertinent and may be of use to others who may not come across the thread (either because they are not LinkedIn members and/or because tis thread will eventually 'grow old').

If anyone objects to me 'immortalising it' (grin) - please let me know. If I don't hear to the contrary but the end of the month, I'll proceed.

Hope that's OK.

(Pl feel free to reply privately with the objection and it will stay private)

Cheer

1 second ago



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