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Author: Diane Lofshult
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Main content

Article Preview :

The popularity of Pilates training shows no signs of abating, judging by the results of this year's IDEA Group Fitness Trend-watch report. In fact, Pilates came in second among all fitness trends rated in 2002, bested only by yoga. That is remarkable when you consider that many fitness facilities have yet to invest in the costly equipment traditionally used to teach this mind-body discipline. This means a lot of the rise in popularity is likely due to the proliferation of Pilates mat classes now being offered at clubs everywhere.

Forces Propelling the Trend

There are a number of reasons why more and more Pilates mat classes have found their way onto programming schedules. Consumer interest was the impetus in many cases.

"The inspiration for these classes was simply noticing the trend and responding to requests from our clients," says Glare Dunphy, owner and director of Boston Pilates Education in Massachusetts.

Client needs were also the reason cited by Christine Romani-Ruby, co-owner and president of PowerHouse Pilates Studio in Eighty Four, Pennsylvania. "We are a facility that offers rehabilitation and wellness, so our clients' needs dictate our classes," she says.

Sabra Bonelli, fitness department head at the Mission Valley YMCA in San Diego, says offering Pilates mat classes became more viable once the Y opened its mind-body satellite facility. "We wanted to provide a well-rounded, complete menu of mind-body classes. That includes various yoga styles, Nia, t'ai chi, meditation and, of course, Pilates."

Some fitness professionals created Pilates mat classes as a natural extension of their existing abs class offerings. "The inspiration for teaching [mat] classes basically came from my growing interest in teaching something more than your standard abs class," says Miriam Buchanan, group fitness instructor at Frogs Club One in Mission Valley (San Diego). "I started taking Pilates classes and trained under a few different programs. Next, I incorporated some Pilates moves into my traditional classes during the segment when I would normally do ab work. That process [led] to me reaching a Pilates mat class."

Types of Classes Offered

Because of consumer demand, the fitness professionals interviewed for this article offer a variety of Pilates mat classes.

Dian Ramirez, director of the Dian Ramirez Pilates and Yoga Center in San Diego, says her repertoire of mat classes targets all levels, from beginner to advanced. She also likes to incorporate different props. "My specialty is using a flat band for multiple purposes in my mat work classes," she says.

Leslee Bender, who teaches at Fitness Millennium in Reno, Nevada, prefers to incorporate stability balls into her mat classes.

Joy Karley, executive vice president and an instructor at The Xercize Studio in midtown Manhattan, teaches a Pilates mat class called IM=X[C], which emphasizes "the strength training and cardiovascular elements that are not inherent in traditional styles of Pilates, which tend to focus more on extreme flexibility and dance-based movements."

With the explosion of Pilates mat classes, more and more fitness professionals are targeting special populations, such as seniors or athletes....

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Mat Pilates is an effective, precise set of exercises. It's accessible to everyone at any level of fitness and provides countless benefits. If you love rules and structure, or if a quiet, gentle workout is just what you need, check out the Pilates filter on the ClassPass app or website. Every studio does a great job of creating their own unique atmosphere. Take time to explore which ones feel most like home to you. Share this: Facebook. Your Pilates classes will go smoothly when you follow these workout tips for Pilates class beginners. Whether you're on the mat or machine, you can snag the same benefits. A 2016 study found that eight weeks of Pilates classes improved abdominal endurance, flexibility, and balance. Plus, Pilates has seen a resurgence in popularity, with franchises such as Club Pilates popping up around the country. Want to know what the hype is all about? Pilates is growing in popularity, and so most large fitness centers with an aerobics program offer Pilates mat classes. The larger centers might also have a dedicated Pilates room with machines, or at least some Pilates equipment on the main gym floor. If your local fitness center doesn't offer Pilates, check online for Pilates studios in your area. Just getting started with Pilates? This class takes you through the first mat exercises that Joe Pilates would give you as daily homework. They seem simple but the more you practice, the stronger you'll get, building your abs, lengthening your lower back and legs and creating balance and control in your body. Pay attention to how well you're able to do these moves today, in just a week of daily practice you'll feel the difference! Visit Victoria at her studio Pilates66, on NYC's Upper East Side. These weekly online Mat & Reformer Pilates classes are offered by Lesley Logan, a Pilates Instructor in Los Angeles. Each week one new mat and one new reformer class will be available, and last week's will disappear. Each 30-minute class is only live for 7 days, starting at 2:00 pm PST on Tuesday each week and are then replaced by the next week's class. You may watch the current class as many times as you would like, any time of the day! Current Classes. Pilates Mat & Reformer Classes: Let's Pull. October 13, 2020. Not a member?