

Please apply the following highlighted points when completing exercises at home/in class

1. Breathing may be a little faster in class
2. **Keep breathing,** do not hold your breath even if you are breathing wrong
3. Breathe out slowly through **pursed lips** (like whistling, but no whistle noise)
4. Use a drinking straw to help with breathing control if needed (at home)
5. When you breathe in, allow the breath to go into your tummy, so your tummy gets big to help relax the tummy to completely (**essential that you wear no tight bottoms**)
6. Feet wide apart and knees together to allow your hips to relax
7. Put feet on the wall to allow bum/hips to relax, then feet on bed/floor (90°)
8. For leg lifting exercises, place one or both your feet on a low box (approx. 20cm high)
9. For comfort, make a T using 2 pillows with a block under your head OR lie on an extra black mats OR get a deep mat OR get a Pillow. Ask for the additional item on arrival.
10. Use fabric wedge/ rolled towel to support your back under bum below belt/small of your back
11. Breathe out + drop/push down your ribs using your hands if needed. Don't lift head/tense neck

Additional Pelvic Floor Exercise: Please complete only if recommended by Adeline

Position: _____. Ensure tummy, bum, legs are relaxed. Be mindful.

SLOW: Gently tighten + hold the 3 areas of your pelvic floor without or minimising your tummy helping your pelvic floor while you breath out very slowly. Breathe in slowly to relax pelvic floor.

Hold for _____ secs, repeat _____ times after 1 after another, ideally _____ times a day.

FAST: Breathe in to relax your body + muscles generally. Then while breathing out, quickly tighten + release your pelvic floor during the out breath. Repeat _____ times, _____ times a day.

Exercises to practice at home

1. In Standing, Breathe in to totally relax your Tummy. Breathe out to draw in your Lower Tummy as much as possible with no bum or knee involvement (**start with 10%**), try to keep your tummy in as you breathe in. Draw in tummy a little more as needed as you breathe out. Do this when competing standing activities: washing hands, standing at fridge, standing on train
2. Walking: Breathe in to totally relax your Tummy, bum, knees + shoulders. Breathe out to draw in your Lower Tummy (**start with 10%**), similar to the standing exercise but no other muscle involvement. Breathe in + out as you walk + try + keep your tummy in all the time, when you lose it, try + draw in your tummy slightly (**10%-20%**), as you breathe out when you are walking. Dog walking/push bike or motorbike/someone being pushed (wheelchair, buggy etc)
3. Bending + lifting (leg/foot position). For awkward lifts, bends or twists (avoid): Breathe out to draw in lower tummy as much as possible + maintain as you bend down + up to lift something
4. Watch head position + be aware of the effect head position has on your neck/spine (phone)

Celbridge Pilates with Adeline

Thank you for choosing to attend Pilates Classes at Celbridge Physiotherapy Practice.

This leaflet should answer any questions you may have about the class.

adeline@celbridgepilates.com. Mob: 087-2115150. Fax: 01-6271965 (Text or e-mail preferred)
www.celbridgepilates.com. [Facebook.com/celbridgepilates](https://www.facebook.com/celbridgepilates). Add [bookinghawk.com](https://www.bookinghawk.com) to safe list

Your class is due to start on Mon@ Tues@ ____ / ____ **Arrive:** ____

This is a provisional date, I'll contact you by text or email if there is any change on these dates.

- o Usually you will receive a text/email to update you of any changes to your class that may occur so please check text/email for these updates & let me know if your contact details change.
- o All classes are led by Adeline so if I'm unavailable to give a class, there is usually no class held. Classes may be held online (**ZOOM**). You will be advised of this in class + by text/email.
- o If you have been advised to **send me reports/doctors letters** or advised to have a condition checked before starting, please do so + let me know the outcome- this is your responsibility.

IMPORTANT: PLEASE READ

If you decide not to attend your classes for any reason, a refund is not available + payment (or credits) are not transferable to another person or class due to both a high demand for limited class spaces in addition to the fact that I do not over book classes. If you decide not to attend after class 1 but before class 2, you can give your space to someone else.

Please download ZOOM app

All Handouts / recordings provided, are for attendee use only + it is prohibited + potentially unsafe to distribute any of these handouts or recordings in any format for others to use.

Location and parking:

- o All face2face classes are held in the Pilates studio upstairs in Celbridge Medical Centre. Only use the **back door** to enter + leave the building as the front/internal doors may be locked.
- o **Do not open the stairs gate or the fire door on the left**, if the door is not closed properly you will jam the door closed. Then people can only get into the building via front door if its still open
- o The toilets are located upstairs beside the stairs/lift. If locked, please request key from Adeline
- o **Parking** is available, subject to availability, free of charge in the Medical Centre Carpark at the rear of the building. The carpark is open until Adeline is finished classes + is locked promptly.

Equipment and what to wear:

- o **Equipment is usually provided unless guidelines advise otherwise**, you're welcome to bring your own equipment if you wish especially if you use special equipment (e.g.ortho-pillow).
- o It is not permitted to take any equipment home.
- o **Wear something comfortable, avoid wearing tight fitting trousers** (loose like pyjamas).
- o **Shoes are removed or have covers placed over them. Bring shoe covers to class every week if provided, no covers no admission.** Pls wear socks if you are using my equipment.
- o Please leave all valuables/items you don't need for class at home. Small items can be placed in your box. Individual lockers may be available to use. All items should be left in lockers (except handout + water) + not beside your mat to ensure that nothing gets lost, broken or tripped over.
- o After class, you may need to put away all of your equipment, bring your own equipment home.
- o **Discontinue** the pelvic floor exercise on the loo immediately if you have been practising it.
- o If you start getting new pains or if your medical status has changed (incl. new diagnosis, new scan result, pregnancy) since you completed your booking form, please inform me by email.

- All classes are led by Adeline. Corrections will be made on an individual basis in face2face classes, as required, but I will not be able to spend a lot of time with 1 individual, as this would interfere with the pace of the class. If you have missed a few classes, an individual session may be required so that you do not injure yourself when you return. An individual session may also be suitable if you feel you need a little extra attention. These may be arranged: €10 (30 mins).
- From class 3 onwards the class pace and intensity increases.
- The option to continue Pilates on a weekly basis is available. In these classes more exercises are learned, the class runs at a much faster pace + additional equipment such as Gym ball/soft ball/stretch band exercises may be incorporated. This class will be discussed towards the end of your classes + available days + times will be shared with you. Spaces in these classes are filled on a 1st come basis + current beginners + advanced class attendees always have priority.

1. **Classes always start on time** but there is no problem arriving late or leaving before the class is over if you need to. **I would rather you arrived late or left early rather than miss your class.
2. Try and attend all of your classes if you can + if you miss a class you can attend another suitable beginner class instead subject to availability. If you decide not to attend after class 1 but before class 2, you can give your space to someone else.
3. Please **leave valuables at home, place other items in a lockers/box**. Shoe stand available.
4. Pls attend even if you won't be able to participate in all/some of the exercises as it will be easier to catch up the following week if you have observed what we were doing in class.
5. You will be informed of any changes to your specific class by **text or email** BUT if a class is cancelled, only those on that class list will be informed. If a class is cancelled for any health + safety reason, the class will then be run online using **ZOOM**. Login details will be email/texted
6. **Bathrooms** are at the top of the stairs. Do not use after the last class, if you do tell Adeline.
7. **Free Parking** (subject to availability) is available in the Medical Centre carpark, pls get your parking ticket validated if attending a daytime class. Pls leave parking ticket in the box at the noticeboard if you don't need it (evening). If gate is locked on arrival, phone me immediately.
8. The **emergency fire escape** is located at the bottom of the stairs through the double wooden doors that you use to enter + leave classes. Additional exits are available, Adeline will advise.
9. **Do not open the stairs gate or the door on the left**, if the door is not closed properly you will lock other people out. Then they can only get into the building via front door if it is still open

Specifics for the face2face baby friendly class.

1. Keep an hour free after the class to go for cuppa, bring extra nappies etc if you can go.
2. You can use the stairs to come upstairs. If you have wheels, please use the lift + leave wheels in the waiting area upstairs. Car seats can be brought into the room if they are **not on wheels**.
3. **Do not rest babies on pillows** or on the blue Pilates mats for hygiene reasons. Bring a blanket for your baby to rest on or you can leave baby in its car seat if you prefer. Plastic mats + Bumbos may be provided, pls wipe before/after use using disinfectant spray + tissue provided.
4. The class can be an opportunity for baby to have tummy time. If baby is rolling or crawling, you may put them in the playpen + take a mat beside them so that you are close to them. **Its not appropriate for baby to moving around + touch other babies + creating a trip hazard.**
5. **Pls change baby in the baby changing room + not in the Pilates studio** (floor is carpeted). If this is not allowed, a large incontinence mat is provided in class 1, bring this to each class.
6. You can **feed your baby at anytime during the class** and feel free to settle your baby in any way that is appropriate during the class including moving/standing or bouncing on a ball etc.
7. If you swap to an evening class, your baby will not be able to attend.
8. You are welcome to bring your older child to this class provided they **don't wander**. Bring toys, tablet +headphones etc but **no food/drink/markers/similar items are permitted**. Still water ok
9. Mums may have their tummy checked during the series to see how their gap + band are doing.

Specifics for the online classes.

1. Video and Mic are off for the class duration unless advised otherwise.
2. Recording (video or voice) is prohibited + breeches of this will be reported to the relevant body.
3. To complete online classes, pls have a mat (~similar), a tightly rolled pillow/large blanket, a rolled bath towel, a stretch band (or leggings/stretchy blanket), few pillows + gymball/solid chair.