

316.530.3753. 320 S. LAURA, WICHITA, KS 67211



COMPARISON OF PILATES TRAINING

GENERAL GUIDELINES TO HELP YOU PICK THE RIGHT PILATES TRAINING

This guideline will breakdown the personalized attention, benefits, and pros/cons of Personal Training, Group Training, and Matwork classes.



PERSONAL TRAINING

STUDIO - \$\$\$

PERSONALIZED ATTENTION: EXCELLENT-GREAT

Depends on expertise of Pilates teacher. Accessibility and use of a full-studio of Pilates equipment: Reformer, Cadillac, Tower, Chairs, Barrels, Ped-a-Pull, and other small equipment.

BENEFITS

Personalized Safe & Supported Accountability.

Comfortable scheduled by appointment.

Work at your pace with a mentor/coach.

ALL equipment provided.

PROS / CONS

1-1 support. Personalized program development. Hands-on help working through challenges and fine-tuning technique.

Safe place to ask questions and work at your own pace to improve your health. Requires dedication and commitment to get results. A more expensive and very worth-while investment in your well-being.

PERSONAL TRAINING

GYM HEALTH CLUB - \$\$\$

PERSONALIZED ATTENTION: EXCELLENT-GREAT

Depends on expertise of Pilates teacher. May or may not have a full studio of Pilates equipment, but only several “pieces.” Best to inquire about equipment available and instructor’s qualifications.

BENEFITS

Convenient if you are at the gym for other fitness workouts. Daycare might be an option. Scheduled by appointment. Equipment provided (except might have to bring your own Mat). Personal support.

PROS / CONS

Usually requires a gym membership, and you pay additional personal training fees. Gym environment can have more noise, distractions, and staff may/may not have extensive Pilates training or nationally recognized Pilates certification. Can still get 1-1 support, and personalized program development, (but the help you receive will depend on the training & experience of the teacher, as well as your ability to focus and do the work).

PERSONAL TRAINING

VIRTUAL TRAINING (LIVE STREAM) - \$\$\$

PERSONALIZED ATTENTION: GREAT-GOOD

VT-May not get to use Pilates equipment; only Pilates Mat or small equipment. No hands-on corrections. Instructor cannot see your body from all angles and may miss important corrections.

BENEFITS

Comfort at-home. Still a live session that's personalized, safe & supported. Scheduled by appointment. Work at your pace with mentor/coach. Must purchase all at-home equipment.

PROS / CONS

Convenient for at-home workouts, with more support, help and accountability to develop your at-home training program. Workouts dependent on what equipment you have at-home to use. Instructor is only able to see you in 2D, cannot see your form from all angles to help make corrections. Dogs, cats, kids, spouses...there can be lots of distractions and interruptions during your training session.

PERSONAL TRAINING

VIDEO TRAINING (PRE-RECORDED) - N/A

PERSONALIZED ATTENTION: ZERO PERSONAL ATTENTION

You can only follow along for a “workout,” but will not know if the exercises are done correctly or are safe and appropriate for your body.

BENEFITS

Not really Private Training.
At-Home workout following a video.

PROS / CONS

Not really Private Training, just you, doing an at-home workout by following along with a video. Economical, if you are 100% healthy and exercise safety is not an issue. Nothing in these video workouts will ever be personalized.

GROUP TRAINING

STUDIO- \$\$

PERSONALIZED ATTENTION: GREAT-GOOD

Depends on expertise of Pilates teacher. Size of class, type of class, leveled, or “all Levels” will make a difference for your experience. Instructor must give equal attention to all participants. Teacher can see your body from all angles to help fine-tune form and give personalized corrections. Easiest to ask questions, get hands-on help. Generally, you are given permission to attend specific classes that are safe and appropriate for your level of experience.

BENEFITS

Cost-savings Camaraderie Accountability.
Still get some personalized support equipment provided.
Reserved spot in class.

PROS / CONS

More economical than private training.
Get to share the camaraderie of a group, learn together, and have social support as well as instructor support. Pilates group training workouts are designed for healthy bodies & leveled to meet the needs of the entire group as a whole. If you have personal goals, or any physical health challenges, group participation probably will not provide the benefits you are looking for, and in some cases, group training may be unsafe.

GROUP TRAINING

GYM HEALTH CLUB - \$\$ OR \$

PERSONALIZED ATTENTION: GREAT-GOOD-OK

Size & type of class, leveled, or “all Levels”. Just on 1 piece of equipment “Reformer class” vs. using the Pilates system; the expertise of the Pilates teacher will make a difference for your experience. Some instructors might “lead” the workout by doing all the exercises with you and not be paying attention to what you are doing or providing individual cues at all. It’s possible that anyone with or without experience can attend any class.

BENEFITS

May cost extra or be included in membership fees.

Workout with your friends. Equipment provided.

Might be a pre-reserved scheduled class or drop-in service.

PROS / CONS

Usually requires a gym membership, and then you pay additional personal training fees. May have to share equipment during class, or class is only offered on 1 piece of equipment. The gym environment can have more noise, distractions, and staff may/may not have the same extensive Pilates training or nationally recognized Pilates certifications that Pilates studio teachers have. Group classes may be open to “all Levels” making it difficult to progress or putting you at risk for doing exercises you are not ready for which may increase your potential risk of injury.

GROUP TRAINING

VIRTUAL TRAINING (LIVE STREAM) - \$\$ OR \$

PERSONALIZED ATTENTION: GOOD-OK

Might be a larger group than in a studio/gym. May only teach exercises for a “workout.” May or may not give individual corrections. Your body can only be seen from one angle. You are muted, making it more difficult to ask questions (or the instructor might not encourage you to ask questions).

BENEFITS

Convenient. Participate from anywhere in the world, at-home, at work, or while traveling. Still able to get some personal support, and enjoy being connected socially. You are the only person using your equipment.

PROS / CONS

Convenient for at-home workouts with more support, help and accountability. Camaraderie of being social in a “safe environment.” Virtual classes might be follow-along without the instructor giving personal cues, or may be designed to provide both education and a workout! Virtual workouts will be dependent on what equipment you have at-home. Instructor is only able to see you in 2D, cannot see your form from all angles to help make as many corrections, as you would receive in a studio class. Dogs, cats, kids, spouses...there can be lots of distractions and interruptions during your classes if you are unable to keep them away.

GROUP TRAINING

VIDEO TRAINING (PRE-RECORDED) - N/A

PERSONALIZED ATTENTION: ZERO PERSONAL ATTENTION

You can only follow along for a “workout,” but will never know if exercises are done correctly or are safe and appropriate for your body.

BENEFITS

Not really Private Training.

At-Home workout following a video.

PROS / CONS

Not really Group Training. Just you, doing an at-home workout by following along with a video. Economical, if exercise safety is not an issue. Nothing in the workout is personalized. You will hear “how-to” cues, but since no one is watching you, there will be no help to ensure that you are doing each exercise safely and correctly (or that the exercises you are doing are appropriate for you). In addition, you have zero support to ask questions if you have any concerns or need help.

MATWORK CLASSES

STUDIO - \$\$ OR \$

PERSONALIZED ATTENTION: EXCELLENT-GREAT

Class size is smaller, so you do get more personal attention. Instructor teaches and may demonstrate when needed, but otherwise is helping participants during class. Easier to find “leveled” classes. Best chance of having an instructor that is familiar with you, your body, your health history, and will help ensure the exercises you do are the best ones for your body.

BENEFITS

Cost-savings Camaraderie Accountability Group.
Personal support with cues and corrections.
Equipment provided.

PROS / CONS

If offered, Mat classes may be the same price as group training, or cheaper depending on the number of participants allowed in the group. In a studio Pilates Mat class you'll gain: Hands-on support, camaraderie of being in a group, ability to ask questions, have an experienced teacher offer modifications, and variations to help you progress, challenge the intensity of your workouts, and fine-tune your fitness.

MATWORK CLASSES

GYM HEALTH CLUB - INCLUDED W/MONTHLY MEMBERSHIP FEES

PERSONALIZED ATTENTION: GREAT-GOOD-OK

Class size might be bigger with the size of the room being the determining factor for the number of participants. Instructor might be doing the exercises with the class, with minimal attention to you. Most likely an “all-levels” class. Instructor may not know anything about your health history status, help you determine what is safe & appropriate for you.

BENEFITS

No extra class fees. Mat classes are included with monthly membership dues. Daycare may be available.

PROS / CONS

Usually requires a gym membership, but then there are no added fees for attending Pilates Mat classes. Environment may be noisier and more difficult to focus on mind-body activities. Classes offered might be 1-level and whether you have years of Pilates experience, or are brand new, you are all in the same class. Instructor may not know anything about your health history, injuries, or current health status, so will be unable to give you personal support/recommendations to stay safe during class. Mats provided may not be thick enough to safely do the Pilates repertoire.

MATWORK CLASSES

VIRTUAL TRAINING (LIVE STREAM) - \$\$ OR \$

PERSONALIZED ATTENTION: GREAT-GOOD

Class size might be large or small. Instructor only sees you from one angle. Depending on the instructor it could be a “follow the teacher” for a workout experience, or if you’re lucky to have a great teacher – you’ll be taught and given both group and personalized cues to help fine-tune your technique.

BENEFITS

Participate from home, work, or while traveling. Still able to get personal support, ask questions, and enjoy social connections. Increased accountability. Requires minimal equipment-just a Mat and maybe a few supplemental items like a Magic Circle, foam roller, stretch strap, or ball.

PROS / CONS

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MATWORK CLASSES

VIDEO TRAINING (PRE-RECORDED) - \$

PERSONALIZED ATTENTION: ZERO PERSONAL ATTENTION

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BENEFITS

Not really Private Training.

At-Home workout following a video.

PROS / CONS

Just you, doing an at-home workout by following along with a Pilates Mat workout video. Economical, if exercise safety is not an issue. Nothing in the workout is personalized. You will hear “how-to” cues, but since no one is watching you, there will be no help to ensure that you are doing each exercise safely and correctly (or that the exercises you are doing during the workout are safe appropriate for you). You will have zero support to ask questions if you have any concerns, and unless you’ve got prior experience, may not know how to modify or adapt.

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BODHI BODY IS A WICHITA PILATES STUDIO

Call us at 316.530.3753 or contact us through bodhibodypilates.com.
We'll be happy to answer any questions you might have.

