

## ***Managing your expectations*** **for your first time at Honest Movement Pilates**

**Directions and Parking:** Honest Movement Pilates is located in the Sammamish View Building at 22605 SE 56<sup>th</sup> St., Suite 230, Issaquah, WA 98029. From I-90 take the Issaquah Exit 15, WA-900 w/17<sup>th</sup> Ave NW. **From locations West**, turn Left onto WA-900 toward 17<sup>th</sup> Ave. NW. **From locations East**, turn Right onto WA-900 toward 17<sup>th</sup> Ave. NW. Continue on 17<sup>th</sup> Ave. NW as it will change names to NW Sammamish Rd., (continue past Costco which will be on your right and cross E Lake Sammamish Pkwy SE.) and then SE 56<sup>th</sup> St. Continue past Albertsons (on your left) and you will see the entrance to the Sammamish View building on your right. There is ample parking and the studio is on the first floor to the back and left.

**Forms:** There are a few forms that need to be filled before beginning your workout: a client information form, a liability form, a personal agreement form, and possibly a physician's permission form. You may want to come early to fill out the forms or you can have them sent to you in advance. Please note that the forms must be filled and signed prior to beginning.

**What to wear:** Try to wear clothes that are more fitted than loose. It's important to see what your body is doing to get a good idea of what exercises to give and what to plan for the future. Please avoid bulky waistbands. Workout pants are fine, as long as they roll up well so your knees can be visible for some of the exercises. Long hair should be pulled back. Pilates is generally done barefooted. Socks can be worn as long as they don't slip on the equipment. If you have had foot surgery or some other type of foot trauma that you need to wear shoes, please cover the shoes with a footie stocking (to avoid tearing the vinyl on the equipment) or you can wear Pilates shoes.

**When to eat:** It is best not to eat immediately prior to your Pilates session. Please give ample time for food to digest before coming for your appointment.

**Etiquette:** If you enter the studio and a client session is in progress. Please sit quietly and wait. Make sure your cell phone/pager is set to silent mode so the session can be as focused as possible. Clients are only allowed on the equipment with trained supervision. For your safety, please do not use the equipment unless observed by an instructor.

**Payment:** Payment is due at the time of the session unless arrangements have been previously made. Currently, we take checks, cash, Visa, and Mastercard. All Pilates related services are subject to WA State Retail Sales Tax.

**What will get done:** We will discuss in further detail your movement history: what sort of injuries you've endured; what activities you've done in the past and at present, what sort of work you do; any systemic issues that may need to be discussed; etc. We'll learn the basic principles of Pilates and we'll do a brief postural analysis to determine how to better tailor your workouts to your specific needs. You'll learn vocabulary relevant to your body and the Pilates work that you do. Not as many exercises will be taught in the first session than the following sessions because there is a lot of initial information that needs to be exchanged. If you are not new to Pilates this may speed up the process due to what kind of training you've done in the past.

We look forward to working with you!