Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Pilates Class

Version number: **2**
Last modified date: **12th November 2026**

Pilates Class

Patient Information

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- Author ID: CL
- Leaflet Ref: Phy 074
- Version: 2
- Leaflet title: Pilates Class
- Date Produced: January 2023
- Expiry Date: January 2025

What is Pilates?

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. Pilate's movements tend to target the core muscles which are situated in our abdominal, spinal and buttock areas. Pilates can be done with or without equipment, involve a slow, precise movement that requires concentration and breathing control.

Aims

Your physiotherapist feels that you will benefit from doing regular Pilates exercises as they aim to to strengthen the body in an even way, with particular emphasis on core strength to improve your general fitness and well-being. Once you start to increase your strength, fitness and stamina – this can have a positive impact on pain and functional mobility.

During the class you will be doing a series of controlled movements on the floor on a gym mat. All exercises can be modified to suit your level of fitness, which your class instructor will be able to support you with:

- We offer up to 6 sessions – once a week, consistent attendance is required.
- If you wish to continue, we can refer you onto the Be Well team at the Leisure Centers where you can continue community-based Pilate's classes.

Risks

Before starting any exercise programme, it's advisable to seek advice from your GP or a health professional if you have any health concerns, such as a health condition or an injury. These can be discussed before your first class with the Physiotherapist who runs the group, they will advise you of any risks and/or modifications required.

Benefits

There are many benefits of Pilates, including:

- Increased flexibility.
- Increased muscle strength and tone.
- Increased mental wellbeing
- Protection from injury.
- Stress reduction

What will I need?

Patients are advised to wear loose fitting clothing and socks. Footwear is usually removed to participate in the class. Patients are welcome to bring a drink and their own exercise mat, but these will be provided if needed.



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