



Out and About

Pilates for the first time

By Robin Tung, November 2, 2012

This week I started looking around San Diego for a pilates studio. After much investigation online, I decided on the highly Yelp reviewed **Club Pilates** in Bankers Hill for many reasons: the website is user friendly; the studio spaces portrayed online are clean, well lit, and organized (I saw some weirdly shaped studios at other places!); the location is relatively close to my home; and the prices are affordable (\$10-15 per class). It's just not feasible for me to pay \$22+ for a class.



I signed up for **Keely Watson's** 1:15 p.m. Reformer Level 1 class at Club Pilates, which is described as a "basic, slower-paced introduction to Pilates Reformer and other apparatuses."



The class was moderately paced, and Watson set me up with dumbbells, a mat, and a machine before class. She showed me how to hook and unhook springs for resistance at the base of the machine, and pointed out what we'd be using: carriage, exo box, springboard. We started out with core and arm exercises lying on a foam roller, and then worked our hamstrings, thighs, and arms on the reformer. We hooked our feet into springy straps on the springboard and scissor kicked to feel the burn.



I contacted owner **Allison Beardsley** to ask a few questions about the studio. The studio opened in 2007 when Beardsley was 6 months pregnant with her first child. "I became very business minded," Beardsley said about starting the studio. "I love pilates because you can do it lying on your back. It's my favorite way to work out and it also has core emphasis. I was an athlete with a weak midsection and when I found pilates, I was thrilled to see my abs, glutes, and torso become the strongest part of my body. It's a balanced, full body work out but it leaves you feeling alive and ready for more."

I have 4 classes in my package, and will be back soon. It's a good way to round out a yoga practice.