

NEW CLIENT CHECKLIST

BE PREPARED

Please have the following items ready before your first appointment

- [Client Intake Form](#)
- [COVID Waiver](#)
- If necessary, a doctor's note
- Payment in full

WHAT TO WEAR

- Comfortable, fitted, workout clothes that allow for movement
- Workout towel
- Water
- Socks with rubber grips on the bottom

SIMPLE HOME SET-UP

- Mat
- Magic Circle
- 1 pair of very light dumbbells (2-3 lbs. maximum)

EVENTUAL ADD-ONS

As your Pilates practice evolves you may consider a few of these smaller pieces to add to your set-up.

- Balanced Body Springboard or a
- Studio Wall Unit
- Spine Corrector
- Wunda Chair
- Foot Corrector
- Toe Exerciser
- Bean Bag Roll Up Device
- Push-Up Device

SOME RECOMMENDED PILATES MANUFACTURERS

[Gratz Pilates](#) – my preferred company

[Balanced Body](#)

[Peak Pilates](#)