

Personal Training

Pilates

Pilates Classes in Portland Bridgetown Physical Therapy, Oregon

What is pilates?

Pilates is a form of exercise developed by Joseph Pilates (1880-1967) that focuses on the development of both strength and flexibility while maintaining/developing proper spinal and pelvic alignment. This balance of strength and mobility allows for development of long muscles rather than increasing bulk. Exercises target not only core stabilizers but also upper and lower extremity musculature. Additionally, most exercises are designed to improve posture and body awareness. Exercises are low impact and facilitate strength gains without placing undue stress on joints. Exercises can be performed on a floor mat or on equipment (reformer) that has been designed to provide resistance or assist in completion of the exercises.

Who can take pilates?

Due to the fact that the exercises can be modified to fit each client's physical limitations and existing or previous injuries, there are very few people who CAN'T do pilates. The overall focus on postural and core musculature make participation in pilates beneficial for everyone. All exercises can be adapted to accommodate every fitness level, ranging from those transitioning out of physical therapy to high level athletes. As with any exercise method, if you have significant past medical history consulting your doctor is a good idea.

What are the benefits of pilates?

There are many benefits from integrating regular pilates practice into your fitness regime including increased core strength, improved flexibility/muscle length, better proprioception (body awareness) and improved motor control of specific muscles. As many exercises focus on strengthening core and postural musculature, pilates often assists in correcting muscle imbalances created by the demands of daily life.

When and where are pilates classes?

Currently Bridgetown Physical Therapy and Training Studio offers **group mat classes** at the clinic on Monday 6:30-7:20 AM. **Private reformer lessons** can be scheduled with Darla during regular business hours (7:30-5:30) on Mon/Tues/Thurs/Fri.

How much does pilates cost in Bridgetown Physical Therapy clinic?

Group Mat Classes:

- **Individual classes:** \$15 per class;
- **10 pack:** \$13 per class (\$130 total);
- **20 pack:** \$11 per class (\$210 total).

Private Reformer Lessons:

- **Individual lesson:** \$99 per lesson;
- **10 pack:** \$90 per lesson (\$900 total).

How do I get started?

For Group Mat Classes:

1. Email Darla (dphillips@bridgetownpt.com) to reserve a spot (must email by 5 PM day prior to class);
2. Fill out the new student application to bring with you to your first class;
3. Make sure to wear comfortable clothes that will stretch and allow you to move freely. Avoid; excessively baggy clothing so that your form may be monitored during exercises.

For Private Reformer Lessons:

1. Call Bridgetown Physical Therapy and Training Studio ([503-222-1955](tel:503-222-1955)) to set up a **free 30 minute consultation** (must have a consultation prior to first private lesson);
2. Fill out the new student application to bring with you;
3. Can schedule consultation and first lesson on same day.

Meet the Instructor: Darla Phillips, PT, DPT, OCS, ATC

Darla graduated from the University of Southern California with a Doctorate degree in Physical Therapy (DPT). She holds a Bachelor of Science in Health and Human performance with a concentration in Athletic Training from George Fox University. She has enjoyed working with a variety of sports teams, including track, basketball, and football. Darla is currently a certified Athletic Trainer (ATC) and has a passion for long distance running. After completion of USC School of Physical Therapy, she participated in the Kaiser Orthopedic Residency program in Los Angeles where she expanded her knowledge in orthopedic manual therapy techniques and clinical reasoning. Darla's knowledge of orthopedics has been recognized by the American Board of Physical Therapy Specialists and granted her the title of an Orthopedic Certified Specialist (OCS). Darla continued her work in outpatient orthopedics in Los Angeles before she returned to her home state of Oregon. She has an interest in maintaining a healthy lifestyle through running and enjoys participating in marathons.

Want More Information?

Please feel free to email Darla with any questions you may have: dphillips@bridgetownpt.com.

Do you have questions? Check out some of our [Frequently Asked Questions \(FAQ\)](#) or call us: Downtown

Portland - 503-222-1955, Northwest Portland - 503-719-5318.

We look forward to hearing from you!