

CLAIN PILATES+



Pilates is the perfect choice for a woman planning her pregnancy, during her pregnancy and afterwards

In Fall 2008, Michelle became an apprentice here. She was planning her pregnancy and asked if that would interfere with the apprentice program. I said her training would benefit her delivery as Pilates builds strong core muscles, including pelvic floor and abdominals.

As Michelle began her Apprenticeship she would work out daily, sometimes for 2 hours. She trained extensively for 4 months and then learned that she was pregnant.

We continued training with her doctor's permission. All forward flexion exercises (bending forward) were modified with the understanding they would be discontinued later on. After the first trimester we eliminated exercises lying on her back (Supine), substituting exercises performed on the Electric Chair (seated position) and the C-Shaper. AC-shaper allows for supported flexion.

Michelle continued to perform Arm exercises. All Seated Core exercises were modified to lift her ribs above her womb providing more room for the baby. We also eliminated all prone mat exercises.

We concentrated on stretching out her lower back standing at the Pilates Ladder Barrell. As well as stretching out her hamstrings. We also worked out at a modified pace not to overheat mom or the child.

While we keep the atmosphere light and easy we also keep the family's health and safety a priority at all times.



Michelle performing Seated Arm exercises



Michelle on the Electric Chair

Michelle on the C-Shaper



Michelle continued to teach clients throughout her pregnancy until her 35th week. Her private workouts were still approximately 55 minutes long.

Michelle taught and worked out in trio classes with other expecting mothers. This has been a very enjoyable time for all of us in the studio to share in the well being and development of the next generation. We like to call them Pilates babies.

Now after giving birth naturally to her son Ethan (7 lbs 5 oz, 20 in) she is back working out and teaching. Ethan comes along with Baby Teddy (2 months) and Thalia (5 months) and their moms as they continue to workout. This has been a very successful and fun time.

Michelle and Ethan now teach the Mommy and Me Pilates Mat class here at Clain Pilates Plus.



Michelle performing Standing Arm Exercises at Tower



Michelle performing stomach massage exercise on reformer Positions 11 and III

Pilates is a great way to stay in shape during pregnancy, however it is best to have prior Pilates experience. Starting any new exercise regime in the first trimester is not recommended. It is important to have a good relationship with your Pilates instructor to always feel safe while exercising.

“Pilates is a great pregnancy workout. I loved staying in shape, strengthening my core muscles and maintaining flexibility throughout my pregnancy. The workouts evolved along with me and allowed me to better understand and nurture my changing body. I couldn’t have done it without Clain!”
Michelle Schaeffer

