

MMPF Pilates At Home



The Difference

At this time in the world everyone is exercising from home. With hundreds of online workouts posted every hour, not to mention the availability of online exercise subscriptions, you would think this would be easy. Yet we are still seeing ineffective exercise programs, lack of individuality in exercise prescription and high potential for injuries. We want to make this easier for you.

The difference with MMPF Pilates at home is that we can be as involved in the process as you would like. We can schedule regular appointments to revise your Pilates program and keep you progressing, and to keep you in a routine so you have an element of accountability. Or, we can leave you to your own devices knowing that we are only one phone call away if you require any advice, appointments or assistance.

Further to this, our Pilates instructors have extensive training that is not just repertoire based, but instead is rehab focussed to provide a better foundation of human anatomy and movement understanding. So whether you are somebody with extensive Pilates experience looking for a challenge or someone who is just beginning or would like to take it slow, we can help you work towards your health and movement goals. We will provide progressions and regressions to exercises so that they are achievable for you as you are on the day. We want our Pilates exercise prescriptions to be modified to work for you, not the other way around.

Real time interaction is something we have always valued, whether this is in person or online. When we can interact with you in real time, it gives us the opportunity to tailor exercises and movement specifically to you and your body on that day, and to make adjustments and prescribe interventions to facilitate better movement and prevent potential injuries. We don't want to leave you on your own to simply follow on with another generic, pre-recorded exercise video. We want to make your health and movement a collaborative process, where we can work with you in the moment to get the best out of your Pilates at home experience.

The Rental

The Pilates at home rental is for a Balanced Body Allegro 2 Reformer. The A2 reformer is built to commercial grade standard and it is the only reformer we recommend for clients based on its quality and functional flexibility.



Our rental will also include a sitting box, jump board, and extender plate, with the tower and mat conversion as an optional extra. You will love the A2 reformer package for its infinite exercise potential and its ease of transition between set-ups. Our reformer rentals are covered for public liability and equipment insurance to give you peace of mind when using equipment at home.

The Rental Essentials

With all A2 rentals the following items are required to be used each use while equipment is in your care.



*Move Active Grip
Socks: \$17.50*

*Salt and Honey
Reformer Towel:
\$77.00*



Delivery & Retrieval

Your reformer rental equipment will be delivered and set up in place by a qualified Pilates instructor (with a Diploma of Pilates and Movement Therapy). During the delivery process you will be introduced to the equipment and safety precautions, which is a requirement for our insurance and rental agreement. At the end of your rental, we will retrieve all equipment from you.

Delivery/retrieval cost is based on location.

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Upon delivery you will also receive a one-on-one assessment with a Pilates instructor. During the assessment we will screen for musculoskeletal, movement and neurological issues. We will work with you to determine your movement and exercise goals and to develop a program for you going forwards.

Private Training



We can provide and recommend one-on-one virtual Pilates sessions where an instructor will take you through exercises specifically tailored to your mind, body, injuries, pain and movement on the day. These sessions are in real time, meaning exercises will be cued and adjusted as required and can be interspersed with trigger point work and other interventions to facilitate better movement so you can get more from your Pilates exercises.

Classes

We have online classes available, where an instructor will take the group through exercises in real time. This will not be just another pre-recorded video where someone demonstrates what to do. This will be an interactive class, where feedback and instruction will be given in real time to facilitate more effective exercises and help prevent injury.



*The classes will be subject to demand and availability.
If there are no scheduled classes that you can attend, you can always book a private training session and share it with a friend.*

Ongoing Support



After we get your reformer rental set up at home, you won't be alone. You can book into as many sessions with us as you would like, and we will happily collaborate with you to work out an ongoing program for your Pilates at home. Outside of this we are always happy to hear from you via our website, phone or social media sites.

*Phone: (02) 4821 8500
Email: mmpf8500@gmail.com*

Pricing Summary

MMPF Pilates at Home Rental

<i>A2 reformer, sitting box, jump board and extender plate</i>	<i>\$2288.00 for 26 weeks</i>
<i>A2 reformer, sitting box, jump board, extender plate, tower and mat conversion</i>	<i>\$3120 for 26 weeks</i>
<i>Delivery/retrieval fee</i>	<i>Subject to location</i>
<i>Private Training Online</i>	<i>\$70 for 40 minutes</i>

MMPF Accessories

<i>MB5 Trigger Point Ball</i>	<i>\$50.00</i>
<i>Back Balls</i>	<i>\$75.00</i>
<i>Move Active Socks</i>	<i>\$17.50</i>
<i>Salt and Honey Towel</i>	<i>\$77.00</i>
<i>Proprioceptive Insoles</i>	<i>\$97.00</i>

Frequently Asked Questions

Are the rentals only available during the Covid-19 pandemic?

-The rentals are available on an ongoing basis-

Can I split my private Pilates session with a friend?

-Yes, you can share a private Pilates session with a friend-

Are there Pilates sessions included in the rental?

-No, Pilates sessions are not included in the rental-

What is the minimum term of the rental?

-26 weeks-

*If you have you still have questions for us,
please get in touch with our team:*

-Phone: (02) 4821 8500

-Email: mmpf8500@gmail.com

