

First Pilates Class Checklist

What to wear and bring for reformer vs mat, plus what to do on the day.

BEFORE YOU BOOK

- ☐ Pick an intro or beginner class (reformer or mat)
- ☐ Read the studio grip sock policy
- ☐ Note the late-entry cutoff and cancellation window (often 12 to 24 hours)
- ☐ Back or spine problems, pregnancy or a recent injury? Check with your doctor first

REFORMER: WEAR

- ☐ Full-length or 7/8 leggings, or fitted bike shorts (5 to 7 in inseam)
- ☐ Fitted top or longline bra that stays put upside down
- ☐ Grip socks (required at most studios)
- ☐ Hair in a low braid or low ponytail
- ☐ Nothing loose that can catch in springs or straps

MAT: WEAR

- ☐ Fitted leggings or tapered joggers
- ☐ Fitted top with no back zipper, hood or chunky seams
- ☐ Grip socks or bare feet (check the policy)
- ☐ Hair off the back of the head so you can lie flat
- ☐ Your own mat if the studio does not supply one

BRING

- ☐ 16 to 24 oz water bottle with a closed lid
- ☐ Spare pair of grip socks
- ☐ Zip-free layer for after class
- ☐ Hair ties
- ☐ Small pouch for rings and earrings
- ☐ Small towel (mat classes)

LEAVE AT HOME

- ☐ Rings, bracelets, necklaces, long earrings
- ☐ Zippers, buckles, belt loops
- ☐ Baggy tees, hoodies, drawstring shorts
- ☐ High buns and big claw clips
- ☐ Strong perfume
- ☐ Thin leggings that fail the mirror squat test

ON THE DAY

- ☐ Arrive 10 to 15 minutes early to sign the waiver and get a reformer orientation
- ☐ Tell the instructor about injuries, pregnancy or anything that hurts
- ☐ Expect 45 to 55 minutes; stop and tell the instructor if anything hurts
- ☐ Wipe down your reformer or mat after class

Studio: _____

First class date and time: _____

Instructor: _____

Cancellation window: _____

My Pilates Class Log

Track your first classes so you can see the progress you actually make.

My goal for the next 10 classes: _____

Date	Type (R / M)	Studio / instructor	Springs or props	Effort 1-5	Notes and wins

AFTER 10 CLASSES

What feels easier now: _____

What I still want to work on: _____