

REMIX
MODERN PILATES

MODERN PILATES · BOCA RATON

The First-Timer's *Guide*

*Everything you need to know before your first
XFormer class.*

WHAT TO WEAR · WHAT TO EXPECT · HOW TO SEE RESULTS

WELCOME

You're going to love it here.

Tucked into the arches of Royal Palm Place in downtown Boca Raton, Remix is an intimate Modern Pilates studio — mirrored alcoves, warm light, and XFormer machines built for every level.

Every class is taught on the XFormer, in small groups, with instructors who actually watch your form. Whether it's your first class or your five-hundredth, you'll be guided, challenged, and never lost in the crowd. This guide covers everything you need to walk in ready.

THE METHOD

What is the *XFormer*?

The XFormer is the modern evolution of the classic Pilates reformer — a longer moving carriage and spring-loaded resistance that make every class more athletic. The movement stays slow, controlled, and low-impact, so it's gentle on your joints while working your entire body.

The result is Modern Pilates: strength, stability, and lean muscle, built one controlled rep at a time. It's challenging at every level — and yes, complete beginners are welcome in every single class.

Come as you are — just add socks.

WHAT TO WEAR

- ✓ **Whatever you're comfortable moving in.** Closer-fitting clothes help your instructor see your form, but there's no dress code here.
- ✓ **Grippy socks** — required on the machine, and available for purchase at the studio if you forget yours.
- ✓ **Skip the hand lotion** — you'll want the grip. Some students even wear grip gloves for a little extra support.

WHAT TO BRING

- ✓ **A water bottle** — you'll want it.
- ✓ **Yourself, ten minutes early** — time to check in and settle.
- ✓ **That's it.** The XFormer and all the equipment are here waiting for you.

Your first fifty minutes.

01 Check in

Arrive about ten minutes early. Say hi, grab your socks, and find your calm before we begin.

02 Meet your machine

Your instructor sets up your XFormer and walks you through the basics before anything moves.

03 Warm up

Usually a focused core block to fire up your center — slow, deliberate movement to wake up everything you're about to use.

04 The work

Resistance-based, full-body, and paced to you. It's intense — but low-impact the whole way through.

05 Cool down

Stretch, breathe, and reset. You'll leave worked, not wrecked — and ready to come back.

How to see results — *fast.*

- **Come consistently.** Two to three classes a week is the sweet spot. Our Two Weeks Unlimited is built for exactly this.
- **Let it be hard.** Slower is harder on the XFormer, and that's where the change happens.
- **Expect a little soreness.** It's normal, and it fades quickly as your body adapts.
- **Hydrate and refuel.** Water before and after; a little protein to recover.
- **Book ahead.** Classes are small on purpose, so the popular times fill up.

A few things worth knowing.

I'm a total beginner — is that okay?

More than okay. Every class is beginner-friendly and taught for all levels, and your instructor guides you through each movement. Most first-timers start with a Single Class or the Two Weeks Unlimited.

Do you offer mat Pilates?

No — Remix is XFormer-only. Every class is taught on the XFormer, so you get the full benefit of resistance-based training every time.

How do I cancel or reschedule?

Plans change — we get it. Cancel or reschedule from your Remix account or the booking app at least **8 hours before class**. Cancel later than that, or no-show, and you'll use a class credit — or, for members, be charged a late-cancel fee. Not sure? Give us a call at 561-705-0775.

What if I'm running late?

Try to arrive about ten minutes early. For everyone's safety, it may not be possible to join once class is underway — so give yourself a cushion, especially on your first visit.

Can I modify for an injury or pregnancy?

Yes. Whether you're new, pregnant, or working around an injury, you're welcome here. Let your instructor know before class and they'll offer modifications to keep you moving safely. For specific medical concerns, check with your doctor first.

Where do I park?

Parking is free in the large main lot just south of the studio, or use the metered spots on SE 1st Street to the north.

— YOUR INVITATION

Ready? Start with an intro offer.

Pick the option that fits you. Every intro offer is for new clients, and every class is XFormer.

SINGLE CLASS

\$39

One class, no commitment. Come see what it's about.

BEST FOR RESULTS

TWO WEEKS UNLIMITED

\$79

Up to 14 classes in 14 days — the fastest way to feel it.

3-CLASS PACKAGE

\$59

Three classes, at your own pace.

BOOK AT [REMIXPILATES.COM](https://remixpilates.com)

Questions first? Call **561-705-0775** — we're happy to help you choose.

Remix Modern Pilates

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Open daily • 6:00 AM – 7:30 PM