



## The Hub Glasgow

30+ years' experience. Generally physiotherapy-led. Built around your body.



# One-to-One Clinical Pilates

For people who want to start Pilates properly, especially with injury, pain, nerves or specific goals.

0141 363 0306 | [hello@therehabhub.co.uk](mailto:hello@therehabhub.co.uk) | [therehabhub.co.uk](https://therehabhub.co.uk)

West End | Kinning Park | Dennistoun

# Start Pilates Properly, With Someone Watching How You Move



Private coaching for your body, your confidence



Generally physiotherapy-led or clinician-guided.



A calm clinical Pilates studio, not a crowded fitness floor.

One-to-one Clinical Pilates is for people who want more than a class. It is for anyone who wants to move better, return after injury, feel safer with exercise, understand their body, or build the confidence to join group Reformer classes without feeling lost.

<b>Best for</b>	Back pain, hip or knee pain, shoulder and neck issues, post-surgical rehab, sports injuries, pelvic health, postnatal recovery, balance concerns or movement confidence.
<b>The big benefit</b>	You get correction, pacing and clinical reasoning from the start, so you are not guessing your way through exercise.
<b>The Hub difference</b>	30+ years' experience, generally physiotherapy-led care, small classes, private 1-to-1 options and the Clinical Pilates Academy under one roof.

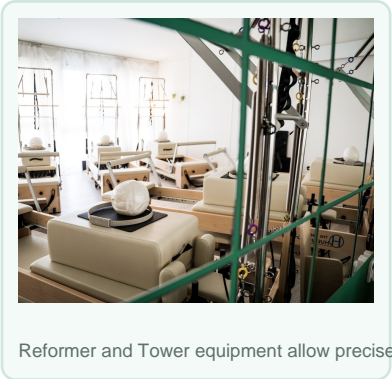
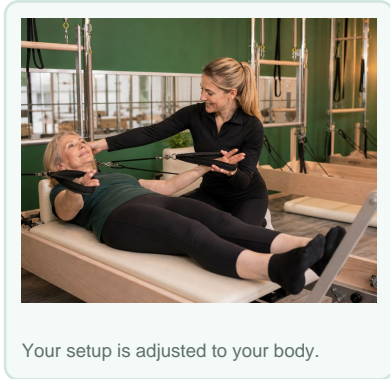
## Who Should Start With 1-to-1?



If you feel nervous, injured, stiff, weak or unsure, 1-to-1 is often the safest starting p

<b>You are in pain</b>	You want to strengthen without flaring symptoms or being told to just 'listen to your body' with no plan.
<b>You are post-surgery</b>	You need careful progressions, confidence and clinical decision-making before group exercise.
<b>You feel nervous</b>	You want someone to set up the Reformer, explain the springs, watch your form and help you feel safe.
<b>You tried classes before</b>	You felt lost, unsupported or unsure whether you were doing things properly.
<b>You have a goal</b>	Back to running, gym, walking, golf, work, lifting, sport, family life or simply feeling stronger.

# Why Choose 1-to-1 Instead Of Going Straight Into Class?



<b>Personal setup</b>	The machine, springs, positions and exercises are chosen for your body, not the person beside you.
<b>Clinical reasoning</b>	Your clinician understands pain, injury, tissue healing, load and when to push or pull back.
<b>Faster confidence</b>	You learn what the movements should feel like, so group classes feel less intimidating.
<b>Better transition</b>	When you are ready, your clinician can guide you into small group Reformer classes, Kickstart or membership.

This is not about keeping you in private sessions forever. For many people, the goal is to use 1-to-1 to build the confidence, control and understanding needed to join classes safely.

## What Happens In A Clinical Pilates Session?

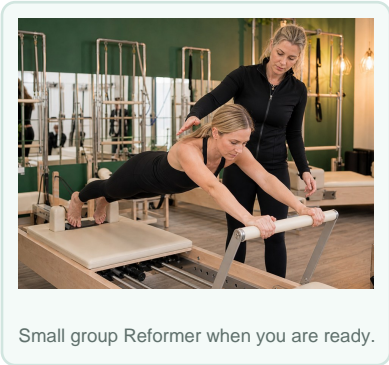


You get assessed, coached and progressed around your body and your goals.

<b>1. We listen</b>	Your symptoms, history, fears, goals and what you want Pilates to help you do.
<b>2. We assess</b>	Movement, control, strength, confidence, irritability and how your body responds.
<b>3. We teach</b>	Breathing, alignment, control, springs, setup and the key exercises that suit your level.
<b>4. We progress</b>	Your programme changes as you improve, instead of repeating a generic routine.
<b>5. We plan next steps</b>	Continue 1-to-1, move into Kickstart, join small group classes or link with physio, podiatry or pelvic health where needed.

## Your Starting Options

Kickstart Pilates helps you bridge into classes.



Small group Reformer when you are ready.

Authentic Pilates, not random machine fitness.

<b>Free first Reformer class</b>	For people who feel ready to try a group class: <a href="https://reformerglasgow.co.uk/free-reformer">https://reformerglasgow.co.uk/free-reformer</a>
<b>Kickstart Pilates</b>	£120 for 2 private 1-to-1 sessions plus 4 group class credits. Best if you want confidence quickly.
<b>Clinical / rehab 1-to-1</b>	From £65 per session on the live site. Best for injury, diagnosis, post-surgery, pelvic health or nervous starters.
<b>Injury Package</b>	Current live page lists £259 for clinician assessment, treatment plan and two dedicated 1-to-1 Pilates sessions.
<b>1-to-1 membership</b>	For regular private support, the live page lists a 1-to-1 membership option with private sessions plus group class credits.

## Conditions And Goals We Commonly Support



Clinical Pilates is useful when your body needs more thought than a standard class can give

<b>Back pain</b>	Acute, chronic, recurring or post-surgical back issues where you need safe strength and control.
<b>Hip and knee</b>	Arthritis, post-replacement, ligament injuries, running issues, strength gaps or confidence problems.
<b>Shoulder and neck</b>	Rotator cuff, frozen shoulder, neck pain, posture concerns and upper-body control.
<b>Sports injuries</b>	Tendinopathy, muscle tears, overload, return-to-running and return-to-gym planning.
<b>Pelvic health</b>	A supportive route for people rebuilding strength, confidence and control alongside pelvic health care.

## From 1-to-1 To Group Classes, At Your Pace



Start privately.



Build confidence.



Transition when ready.

<b>Step 1</b>	Establish your foundations: setup, control, breathing, strength and confidence.
<b>Step 2</b>	Progress your programme: build capacity without constantly flaring symptoms.
<b>Step 3</b>	Bridge into Kickstart or group classes when your clinician agrees you are ready.
<b>Step 4</b>	Use membership or regular classes to make progress sustainable long term.

You move when you are ready, not before. That is the point of clinical support.

## Your Next Step

# Want Pilates, but need more support?

Book 1-to-1 Clinical Pilates or ask us which route is right. We will tell you honestly whether to start with a free class, Kickstart, an injury package or clinical 1-to-1.

<https://reformerglasgow.co.uk/pilates1-1>



Private support.



Calm studios.



Full apparatus options.

<b>Ready for group?</b>	Claim your free first Reformer class: <a href="https://reformerglasgow.co.uk/free-reformer">https://reformerglasgow.co.uk/free-reformer</a>
<b>Need confidence fast?</b>	Choose Kickstart Pilates: 2 private sessions plus 4 group class credits.
<b>Injured or unsure?</b>	Start with 1-to-1 Clinical Pilates: <a href="https://reformerglasgow.co.uk/pilates1-1">https://reformerglasgow.co.uk/pilates1-1</a>
<b>Want to talk?</b>	Call 0141 363 0306 and ask which route is right for your body.

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