Objective: The purpose of this study is to examine Pilates exercises applied on physical fitness properties of sedentary women. Material-method: 18 sedentary women who had not been sporting before 19-53 years of age participated in the study voluntarily. Information about the 6-week program to be made before the start of the study is provided. In the study, women participated in a 60-minute Pilates exercise program 3 days a week for 6 weeks. In the Pilates exercise, 65 cm diameter gymnastics ball, rubber bands and Pilates mat were used as material. The study was started with 15 minutes of standing and warm-up movements on the mat and the completed with the opening-stretching movements. It was then continued with Pilates exercises for 35 minutes. Finally, a 10-minute recovery and cool-down application for the recovery of muscles has been completed. During the whole study, the right point of movement and the correct method and technique have been noted for breathing and efficiency. In this study, SPSS 24.0 package program was used for obtaining statistical results. The Paired sample t test was applied for descriptive statistics and participants in determining whether there was a difference after training with pre-workout. The significance level is evaluated based on the severity level of 0.05. Conclusion: It has been observed that the Pilates exercise applied to 6 weeks of sedentary women has an effect on the physical suitities. The work to be done after that is also revealed that Pilates exercises in sedentary women have an effect on the characteristics of physical fitness, such studies should be given considerable space. Since our research is also important to the health of the sport, it will keep light on the studies to be done. Keywords: sedentary, Pilates, physical fitness.