



## 2021 class update

**ZOOM PILATES TIMETABLE:** *We look forward to 'seeing' you on Zoom.*

- Monday 9.45am, 11am (Gillian)
- Tuesday 9.45am and 7pm (Gillian)
- Tuesday private 1:1 (John)
- Wednesday 11am (Gillian)
- Thursday 11am (Gillian)
- Thursday private 1:1 (John)
- Friday 9.45am (John)

### ZOOM PILATES - GENERAL CLASS INFORMATION

- Classes are mixed ability with exercises tailored for individual needs. Please work at a level suitable for you, and your personal health needs. Email us or let us know if you have any specific new health needs.
- We will see your movements via our computer screen and will make verbal cues and corrections.
- You will receive an email Zoom Pilates invitation and a link to join – please let us know if you do not receive this.
- You will need a mat/towel and cushion/pillow. We also use spikey balls, stretchy band and soft pilates ball (contact us to order via [www.physicalcompany.co.uk](http://www.physicalcompany.co.uk)).
- Payment: monthly BACS payment (G E Burn, 40 47 83 A/N 70133191 - name as reference).  
**£44 per month, or £11 a week.** You can attend 2 classes each week and catch up missed classes.

### ZOOM VIDEOS

You will receive a link to a selection of Zoom videos to give extra home Pilates ideas for your in-between class practice!

- Arm mini class – 15 mins
- Band mini class – 15 mins
- Table Top mini class – 15 mins
- Standing mini class – 15 mins
- Zoom class – 55 mins
- Zoom class – 45 mins (Sept 2020)
- Magic circle exercises – 30 mins (March 2021)
- Gentle stretch routine – 25 mins (March 2021)

### PRIVATE SESSIONS

Private Zoom 1:1 sessions are available on request and can be tailored for individual requirements

### VENUE CLASSES:

- We plan to re-commence some face to face classes in Summer 2021.
- Please contact us for class information.
- Clients will be required to bring their own mat, cushions, band, spikey balls and soft pilates ball.

