



## Coronavirus Update - Changes to Pilates classes – April 2020

Due to the unprecedented times we are in, Pilates classes in all our venues have temporarily stopped until we are in a position to start again. The health and wellbeing of all our clients is the most important factor and maintaining some form of exercise when we may be self-isolating is key, especially when most of us are having to stay at home.

If you were unable to complete this term of classes due to the class cancellation or ill health due to Covid19, we will arrange to credit you once classes return to normal. You will also be able to catch up classes anytime throughout 2020 or have the 2 or 3 classes in credit for clients that had pre-paid for the Spring term.

### New Pilates Programme

To help us all keep going with our Pilates routine through this time, we now have several services available to you:-

- **Pilates at Home, audio CD** – our existing clients have all been sent a link allowing you to download the file from Dropbox. There are 3, short 25-minute exercise classes designed for Pilates at Home in-between classes. No equipment is required, just a small folded towel under your head or a cushion. If you would like this free link do get in contact with us via email [gillianburn@healthcircles.co.uk](mailto:gillianburn@healthcircles.co.uk). It is also available as a CD which can be posted to you for the cost of £5.50 (to cover the cost of production and postage).
- **Pilates Home Exercise sample class plan** - for people who prefer to see pictures and have a class plan to follow, we have prepared a handout to give you some daily exercises. This is available to print from the website.
- **Pilates On line** - a regular timetable of On Line classes using Zoom allowing our existing and new clients the opportunity to 'attend classes from the comfort and safety of your home'. Follow the link on the website or email [gillianburn@healthcircles.co.uk](mailto:gillianburn@healthcircles.co.uk)

Thank you so much for helping us keep our business going. In turn we want to help you keep fit and healthy over the coming weeks or months, especially if we are not able to exercise and see people like we used to.

