



## Covid19 Update - Changes to Pilates classes – April 2020 – April 2021

During the pandemic, Pilates classes in all our venues temporarily stopped. The health and wellbeing of all our clients is the most important factor and maintaining some form of exercise is key, even if we had to stay at home. We are delighted that we were able to help clients maintain their Pilates routine with a range of options:-

- **Pilates at Home, audio CD** – 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 at Home, video links** – to enable you to practice at home. The links are provided to clients attending classes via zoom or face to face.
  - 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)
- **Pilates Home Exercise handouts** - for people who prefer to see pictures and have a class plan to follow, we prepared a series of handouts to give you some daily exercises. Can be sent via email or available to print from the website. There are 17 handouts in the series.
- **Zoom 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 develop our pilates business. We appreciate your loyalty, your smiling faces and your commitment to help keep your bodies healthy.

We are truly grateful for some of the lovely comments we received.

*'Thank you so much for your continued support during these crazy times'*

*'You do an amazing job juggling the technology with Zoom, I am full of admiration. Excellent class today. Thanks'*

*'Many thanks again for all yours and John's support'*

*'Thank you for your hard work teaching on Zoom with such good humour'*

*'I have really benefitted from the classes on so many levels, I am most proud of my physical improvements, core strength and being able to walk better'*

*'Congratulations on reaching your 400th zoom pilates milestone, thank you for all your efforts over the past months'*

*'All credit to both you and John for your perseverance in keeping us all fit and well - huge thanks from me, absolutely love the classes'*

