



# BODY CONTROL PILATES®

with Gillian Burn & John Spencer



## General Information for On-line Zoom Pilates

We are delighted to offer a regular timetable of On-Line classes using Zoom. This will provide clients the opportunity to 'attend classes from the comfort and safety of your home'.

Lynn Robinson the founder of Body Control Pilates Association (BCPA) said 'We all know the importance of exercise, efficient breathing and relaxation techniques in maintaining a healthy immune system and positive outlook. Pilates is perfect for promoting good health and online Pilates is a great way of maintaining social bonds and links into the wider community'.

You just need a quiet space without disruption and be able to walk back several paces.

You will need a computer, laptop or ipad with good wifi connection to download the app. (via mobile phone is Ok though may not be as clear). You may need to tilt the screen. Please check your internet connection, audio and video before the class starts and that the computer has speakers. We will be running classes from our laptop using the webcam that sits above the screen on the laptop or tablet (or a plug-in webcam) so you can see and hear the class. We will be able to see you and every client in the class. Please check your webcam is enabled so we see you and you can see us. It will feel strange for some of us, but the benefit is that we can maintain our exercise and some normality.

Please remember to put your phone on silent and shut down other programmes, apps and tools on your computer screen so that the broadband speed is OK.

We have subscribed to Zoom for you, you do NOT need to subscribe. The Zoom.us app is free

You will receive an email invitation to attend a class. Just let us know which class you would like to join. We have adjusted the timings to accommodate classes run by both Gillian and John, but plan that you attend your usual class day (with the option to join other classes as a guest). Classes will be run by both Gillian and John.

Just before your class you will press 'Join Zoom Meeting'. You will be able to enter a waiting room which allows you to have a chat to your friends before the session starts.

Correction of exercises – we will be able to see your movements via our computer screen and will make verbal cues. This is more limited than in person, but sufficient to carry out the exercises effectively. We ask you to work at a level suitable for you, taking into account your personal health needs. You can email us beforehand if you have any health concerns or use the private 'chat' facility on the Zoom platform. Class sizes will be limited.

You will need a mat/towel and cushion/pillow with you. We will use spikey balls, a stretchy band and a soft pilates ball - we have some equipment available on loan. Just contact us and we can send it to you. Should you wish to purchase your own equipment, we have made arrangements via [www.physicalcompany.co.uk](http://www.physicalcompany.co.uk). Please ask us for the discount code.

For new clients and 1:1 sessions – we can offer On Line Zoom sessions – please contact us to discuss

*We look forward to 'seeing' you on line.*

