



BODY CONTROL PILATES®

with Gillian Burn & John Spencer



2024 Zoom Pilates

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)
- Thursday 11am (Gillian)
- Thursday private 1:1 (John)
- Friday 9.30am (John)

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 for a discount code to order via www.physicalcompany.co.uk). We also use simple hand weights or equivalent (2 small bottles of water or soup cans)
- Payment: monthly BACS payment (G E Burn, 40 47 83, A/N 70133191 - name as reference).
£46 per month, or £12 a week. You can attend 2 classes each week and catch up missed classes.

ZOOM RECORDED VIDEOS

You will receive a link to a selection of Zoom videos for your in-between class practice, including the following:-

<ul style="list-style-type: none"> • Arm mini class – 15 min • Band mini class – 15 min • Table top - class - 15 min • Standing - class - 15 min • Foam roller or towel - 18 min (Mar 22) • Stretch and release - 10 min (Mar 22) • Soft ball + weights - 45 min Zoom class (Mar 23) • Summer 40 min special (June 23) • Small balls release + stretch - 35 min (July 23) • Breathing to relax + recharge - 12 min (Nov 23) 	<ul style="list-style-type: none"> • Zoom class - 55 min (July 20) • Zoom class - 45 min (Sept 20) • Magic circle - 30 min (Mar 21) • Gentle stretch routine - 25 min (Mar 21) • Stretch + go - 30 min (Mar 22) • Side lying legs with a band – 20 min (Mar 22) • Challenge and relax - 48 min (Dec 22) • Mini workout 40 min with foam, balls, weights (Sept 23) • Shoulders + legs - 46 min (Nov 23)
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PRIVATE SESSIONS

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

VENUES: current classes in Hampshire and West Sussex - Compton, Havant, Catherington

Please contact us for class information.



07831 526 531

| gillianburn@healthcircles.co.uk

| www.healthcircles.co.uk/pilates-exercise

