



BODY CONTROL PILATES®

with Gillian Burn & John Spencer



2025 Zoom Pilates

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

- Monday 9.45am (Gillian)
- Tuesday 9.30am and 6.45pm (Gillian)
- Tuesday private 1:1 (John)
- Wednesday 8.45am (Gillian)
- Thursday 9.30am (Gillian)
- Thursday private 1:1 (John)
- Friday 9.30am (John or Gillian)

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, same price each month, due 1st of month, **£47 per month, or £13 a week** (G E Burn, 40 47 83, A/N 70133191 - name as reference). You can attend 2 classes each week and catch up missed classes. Please note it is the same price each month, spread throughout the year, some months the number of classes varies, this allows for 6 weeks of holiday, ½ term and public holidays.

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 special - 40 min (June 23)• Small balls release + stretch - 35 min (July 23)• Breathing to relax + recharge - 12 min (Nov 23)• Roller + weights - 40 min (Mar 24)	<ul style="list-style-type: none">• Zoom class - 55 min (July 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 with foam, balls, weights - 40 min (Sept 23)• Shoulders + legs - 46 min (Nov 23)• PTB Plank, twist, balance - 45 min foam roller, towel (Jan 24)• Autumn variations with weights, 40 min (Sept 24)• Spine + shoulder stretch, 40 min (Dec 2024)
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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, Horndean**

Please contact us for class information.



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