



Health Circles Pilates

Feel Younger, Energised, Stronger

★ BOOST 15 ★



★ BOOST 15 Pilates with Gillian ★

Are you?

- Age 55+, juggling family priorities + supporting family members (teenagers, elderly parents etc)
- Working part time, working to retire or retired
- Little time or motivation for regular exercise
- Prefer the support and encouragement of others
- New to pilates, or returning after time away

Possible Health Issues?

- Muscle aches, pains - tight hips, stiff shoulders, aching back
- Foot, ankle issues - experiencing pain and soreness
- Balance issues - affecting confidence and mobility
- Feeling tired and slower - want to have more energy, vitality and stamina

Perhaps, not as young as you used to be - but would like to be!

★ INTRODUCING: BOOST 15 Pilates ★ – starting 12th Jan 2026

What you can expect
- the benefits

1. **Increase strength** - creating stronger muscles for lifting, carrying, moving
2. **Improve balance** - helping to reduce the risk of falls and moving more confidently in daily activities
3. **Enhance movement** - allowing joints and muscles to move more efficiently and freely
4. **Gain flexibility** - reduce back + shoulder tightness by being able to move more freely
5. **Boost energy and feel younger** - having the stamina to do the things you want to do and keep up with what you love

For the 5 - week Foundation Programme you will receive:

Expert-led instructional exercise videos 15 in total – 3 videos each week	Each 15 minutes showing key pilates exercises, focusing on specific health areas, tailored movements and gentle, progressive challenge Accessible anytime, anywhere, with lifetime access Require only a folded towel and 2 simple weights	
Foundation programme handbook	Explaining all the exercises (ebook)	
Weekly live Q&A clinic via Zoom	Catch up & Connect – recorded if you miss a session to help motivate, support and keep you on track	
BOOST Pilates 'Around your House'	Bonus handout, 15 everyday exercises - when you join by 12th December	

The founder launch is offered at a special reduced price of £75 - I value your thoughts and feedback to help develop future programmes. (Deposit of £25 by 12th December to secure your space. Remaining £50 by 7th Jan).

Email to receive early access to the programme gillianburn@healthcircles.co.uk, 07831 526 531

Say YES, to feeling Younger, Energised & Stronger



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