



BODY CONTROL PILATES®

with Gillian Burn & John Spencer



2026 Zoom Pilates

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

- Monday 9.45am (Gillian)
- Tuesday 9.30am and 6.45pm (Gillian)
- Wednesday 8.45am, morning stretch 45 mins (Gillian)
- Thursday 9.30am (Gillian)
- Friday 9.30am (Gillian or John)

PRIVATE SESSIONS

Private Zoom 1:1 available on request, tailored to individual requirements. Contact us for information.

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, even though some months the number of classes varies, the payments allow for 6 weeks of holiday, including ½ term + 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• Tabletop class - 15 min• Standing class - 15 min• Foam roller or towel - 18 min (2022)• Stretch and release - 10 min (2022)• Soft ball + weights - 45 min Zoom class (2023)• Summer special - 40 min (2023)• Small balls release + stretch - 35 min (2023)• Breathing to relax + recharge - 12 min (2023)• Roller + weights - 40 min (2024)• Morning Stretch + recharge - 30 mins (2025)• Chair based + band - 18 mins (2025)	<ul style="list-style-type: none">• Zoom class - 55 min (2020)• Magic circle - 30 min (2021)• Gentle stretch routine - 25 min (2021)• Stretch + go - 30 min (Mar 22)• Side lying legs with a band - 20 min (2022)• Challenge and relax - 48 min (2022)• Mini workout with foam, balls, weights - 40 min (2023)• Shoulders + legs - 46 min (Nov 23)• PTB Plank, twist, balance - 45 min foam roller, towel (2024)• Autumn variations with weights - 40 min (2024)• Spine + shoulder stretch - 40 min (Dec 2024)• Wake up + reset - 25 mins (2025)• Band variations - 25 mins (2025)
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VENUES: current classes in Hampshire and West Sussex - Compton, Havant, Horndean



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