



★ BOOST 15 Pilates with Gillian ★

I have been teaching Pilates **for 23 years** and understand how our bodies can change as we become 'older'.

'My aim is to give you the right kind of movement for the season you are in, supporting your joints, building confidence and helping you feel alive in your body again'.

'Helping you create 'healthy daily exercise habits' in 15 minutes each day'

'I will encourage, guide and support you every step of the way, to move better, feel stronger and regain the spark you used to have, helping you feel young again with the confidence to do the things you want to do'.

Are you?	Do you feel?
<ul style="list-style-type: none"> Age 60+, caring for others (teens, grandchildren, ageing parents) + your own health way down the list You know exercise will help, motivation is low and time feels non-existent New to pilates, or returning after time away 	<ul style="list-style-type: none"> Stiff shoulders, tight hips, back complaining! Your feet and ankles are aching more Your balance isn't what is used to be, affecting your confidence and mobility You used to walk fast, stay active and feel sharp, now everything feels a little slower

★ INTRODUCING: BOOST 15 Pilates ★

What you can gain	<ol style="list-style-type: none"> Increase strength - creating stronger muscles for lifting, carrying, moving Improve balance - helping reduce the risk of falls + moving more confidently in daily activities Enhance movement - allowing joints and muscles to move more efficiently with ease Greater flexibility - reduce back + shoulder tightness + move more freely Boost energy and feel younger - the stamina to do the things you want to do and keep up with what you love
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5 - week Programme, Starting 2nd March 2026

Expert-led instructional exercise videos 15 in total – 3 videos each week (access from your computer, ipad, or phone)	15 minutes - 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
Programme Handbook	Explaining all the exercises (ebook) 5 levels to suit you - including chair, sitting, standing + lying options
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 Home'	Bonus handout, 15 everyday exercises - when you join by 15th February



The programme is £125 – early booking discount £20 off for bookings by 15th Feb.

(Deposit of £25 by 20th Feb to secure your space. Remaining £100 by 28th Feb).

Say YES, to feeling Younger, Energised & Stronger – contact me below



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