

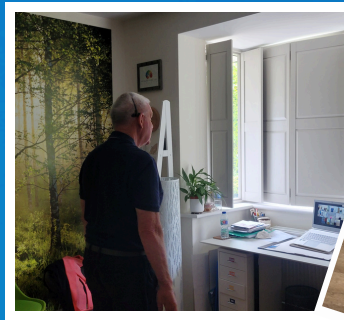
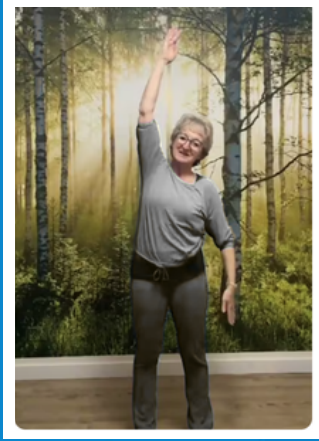


Health Circles Pilates
Feel Younger, Energised, Stronger

2000

Celebrating 2000 zoom Pilates classes!

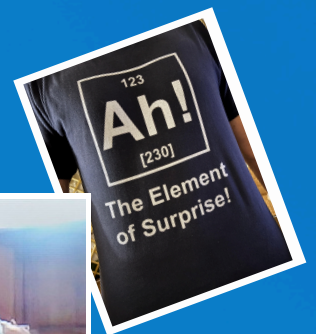
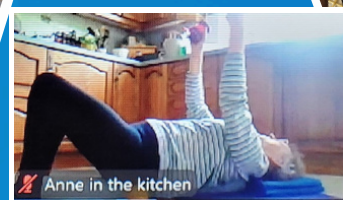
May 2026



Thankyou to all our amazing clients who have joined us since 2020 on Zoom and when we started our Pilates journey in 2003! Zoom has provided an unexpected opportunity to carry on pilates from the comfort of our homes, whilst clients are on holiday, and from different time zones. We have clients from around the country and as far afield as Hong Kong, some with us since we started.

We have also offered many recorded options within our library including our special series - Daily 10, BOOST 15, and High 5 recordings.

Zoom has taken us into our client homes sharing different rooms from the lounge, conservatory, library, bedroom, kitchen, the landing, and even the garden yurt (!) We have been fortunate to virtually travel far and wide on your holidays from the Lake District, Devon, to Spain, Switzerland, Greece and many other countries worldwide!



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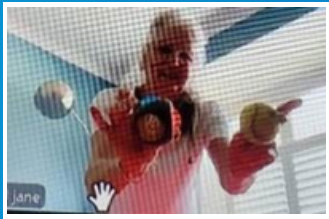
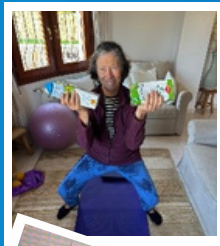
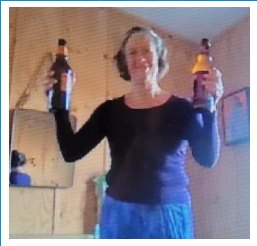
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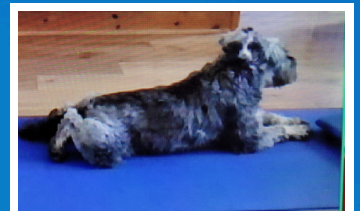
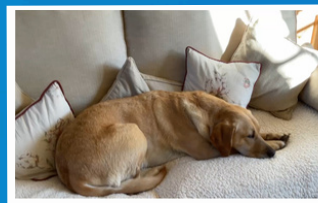
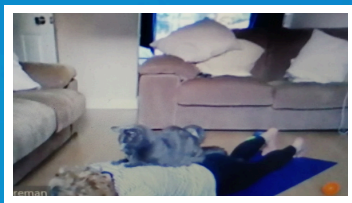
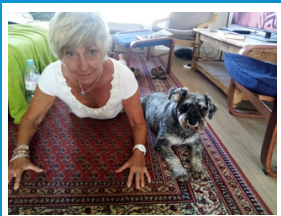
Over the years we have developed a fun system to identify who we are speaking to 'on screen', especially when we have several clients with the same 1st name! Sue seems to be very popular distinguishing between Brighton Sue, Chichester Sue, Langstone Sue, Suzie and Susan!

We have slowly incorporated more weights into classes, or whatever clients can use instead for impromptu weights - milk cartons, wine, beer bottles! We have also had a fun array of hats on special occasions.



We are sometimes joined by pet cats and dogs, taking over the pilates mat, (with 'downward dog' or 'rest position'), and visiting friends and family. We can often hear the occasional 'meow', or the dog barking before the start of the class.

We are sometimes joined by our foster dogs from Hounds for Heroes, our local charity, they all seem to love the pilates mat, and occasional zoom appearance, hiding the spiky balls of course!



Over the years we created exercise variations linked to David Attenborough and Life on Earth, from bear scratching backs, to the flamingo pose. We incorporated many 'Just one Thing' ideas from the late Dr Michael Mosley, including balancing on one leg whilst cleaning our teeth to walking backwards, enjoying dark chocolate and green tea, though the cold showers were not our favourite.





Health Circles Pilates

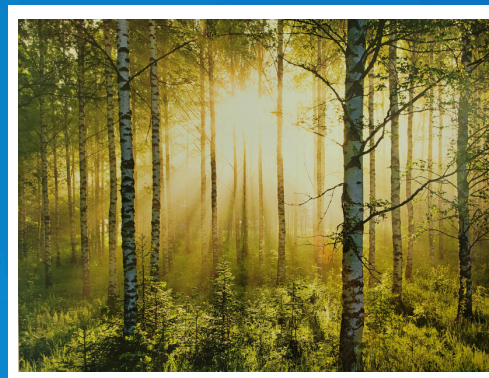
Feel Younger, Energised, Stronger

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We always endeavour to keep our clients 'on their toes' with new exercises, variations and challenges. Windmill arms remains an 'interesting challenge via zoom! Balancing on foam rollers, draft excluders, rolled up towels etc all create many laughs.

Our own 'Zoom room' venue has changed over the 6 years from our temporary home during lockdown, broadcasting from the kitchen table and sending the family to the 'other room'. Eventually moving to our new family home with a dedicated zoom room amongst the 'forest trees' in Clanfield, Hampshire.

We have battled technology, internet issues (freezing on screen), so many new microphone headsets (I have lost count and many darlek moments), though fingers crossed, the latest does appear best of all. We have experienced different camera settings and persevered when you have lost us on screen or we have lost you!



We have worked with you through a variety of illnesses, injuries and minor operations (wrists, knee, hips, shoulders etc), though thankfully pilates has helped maintain everyone's health and well-being and mobility and strength for gardening, grand-parent duties, holidaying etc.



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Feel Younger, Energised, Stronger

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Each year we may have matured chronologically, though as you hear me say, Pilates helps us feel Younger, Energised and Stronger as we become 'younger' every year, improving our biological or physiological age!

As we celebrate our 2000th zoom pilates class, I loved some of the 'Pilates' cards I received for another 'younger' birthday!



Alongside 'Zoom' we have met for chocolate making and dot painting in our Hampshire kitchen, and Christmas mincepies in Havant. We look forward to more pilates workshops in our garden and a Pilates day retreat in the summer. Best of all we have had, and continue to have such fun and many laughs. We love 'seeing' you all on screen and of course 'face to face'.

THANK YOU SO MUCH

We look forward to celebrating 3000 zooms over the coming years!

Gillian & John



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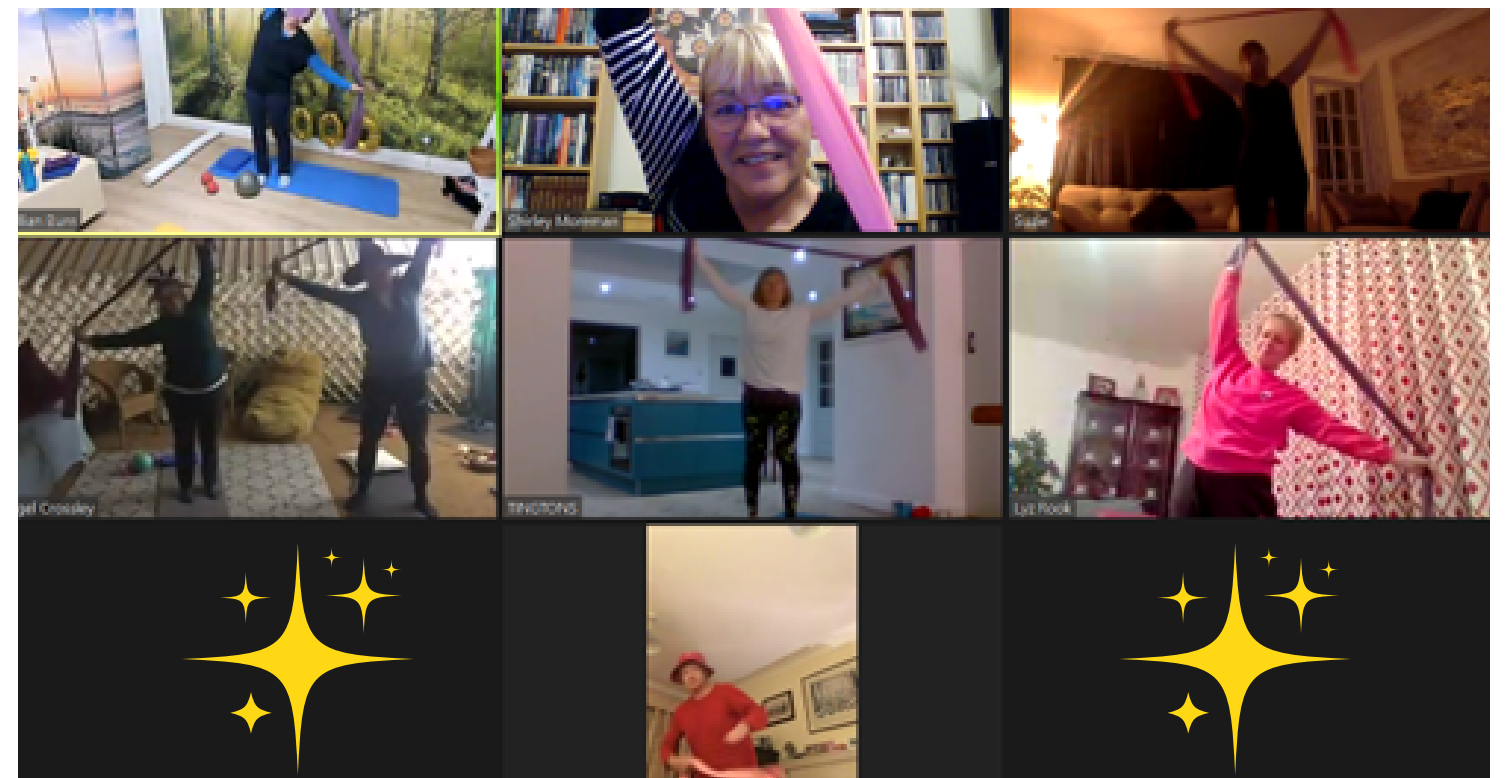
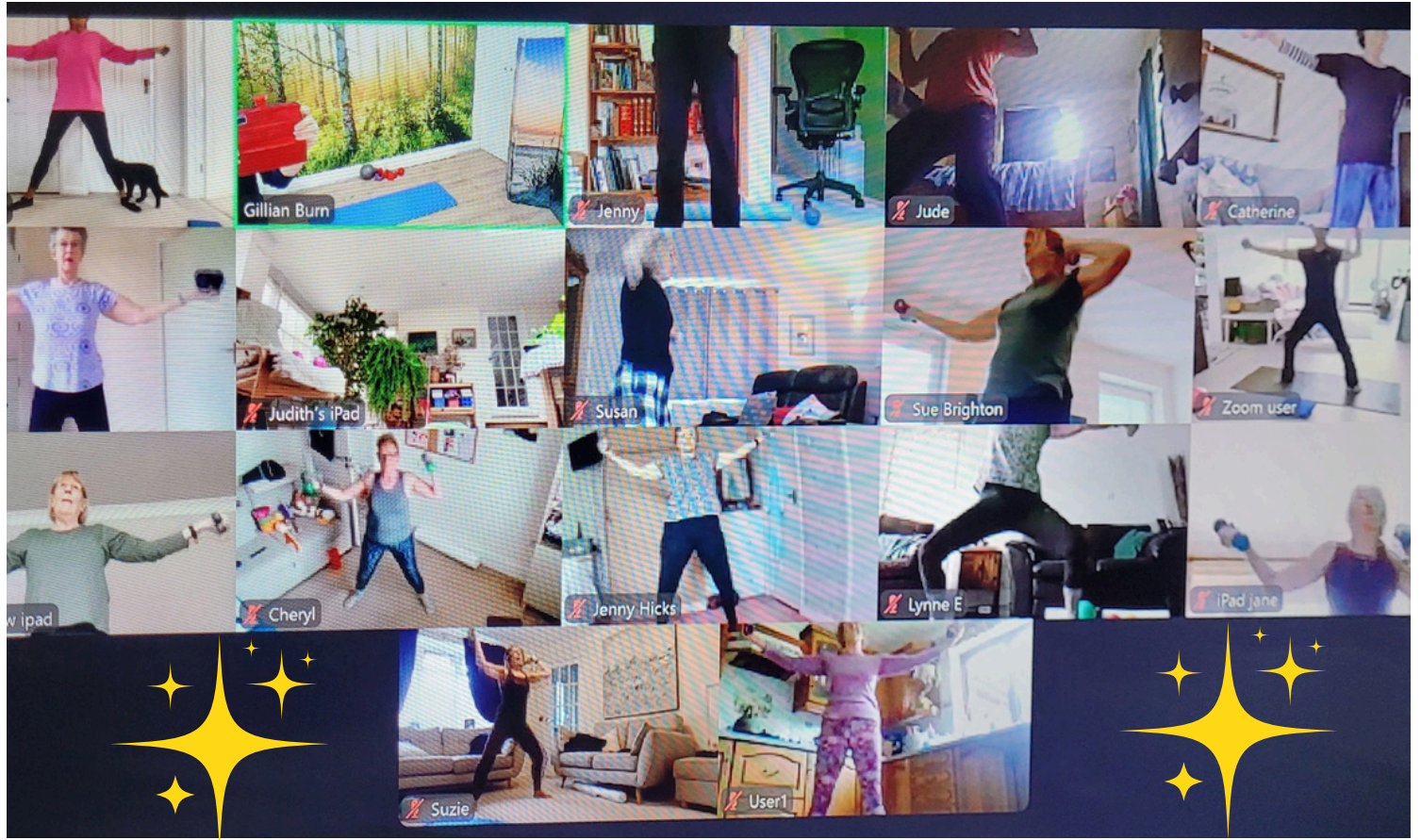
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