



BODY CONTROL PILATES®

with Gillian Burn & John Spencer



Celebrating 20 years of Pilates & over 1000 zooms

In 2023 John and I celebrate teaching pilates for 20 years. Quite a journey from our training with the Body Control Pilates Academy back in 2003. The organisation has remained superb providing regular conferences and courses to keep our knowledge up to date and learn new skills.

We hope you enjoy some photos from our journey. From our first class in Taplow Village Centre, Buckinghamshire with its amazing wall mural, Norden Farm with its historic barn in Maidenhead and our home log cabin studio (which John built) overlooking the Burnham countryside, before we moved to the south coast.

Wall Mural Taplow Village Centre



Home Studio, Burnham



Norden Farm Centre for the Arts



Moving to the south coast in 2018 our teaching venues in Hampshire and West Sussex initially included the Westbourne Osteopathic Wellness (WOW) clinic, The Avenue Tennis Centre, Havant, Northney Farm Tea Rooms on Hayling Island, the Pallant Centre and The Spring Arts Centre.



07831 526 531

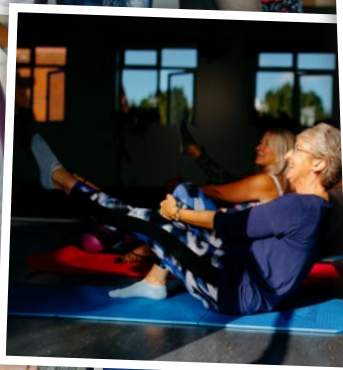
| gillianburn@healthcircles.co.uk |

www.healthcircles.co.uk/pilates-exercise





After the pandemic Zoom pilates is now part of our regular schedule of classes alongside our face-to-face classes and access to class recordings. We now enjoy teaching from our lovely forest room in Clanfield, alongside face to face classes within The Spring in Havant, Catherington and Compton.



Jasmine Aurora Photography



We have had such funny moments with a zoom photo competition (to win some chocolates), a hat competition, summer pilates workshops in our garden, pets joining into zoom classes from chickens to dogs, cats and birds and of course children and grandchildren making a zoom appearance. On one very sunny day we nearly had to call the fire brigade when one client had to stop to put out a fire caused from sun beaming into her room which was reflecting on a glass crystal. We are delighted that clients manage to join from all over the country and overseas (Hong Kong) and various holiday destinations including Greece, Cornwall, Isle of Wight and Spain, to name a few.



Sue - squatting with a small weight

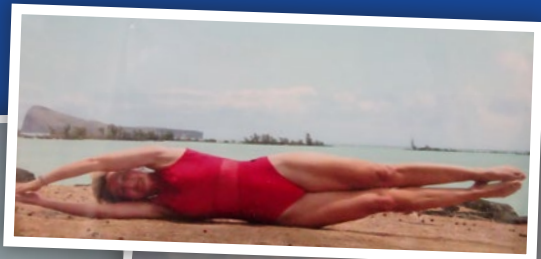


Sue - A bridge... near and far!



Catherine - on the ocean waves

What a journey from some holiday pictures in Mauritius in 2003!



“

Thank you so much for helping us develop our pilates business over 20 years. We appreciate your loyalty, your smiling faces and your commitment to help keep your bodies healthy. We are truly grateful for some of the lovely comments we received.

'Thank you so much for your continued support during these crazy times'

'You do an amazing job juggling the technology with Zoom, I am full of admiration. Excellent class today. Thanks'

'Thank you for your hard work teaching on Zoom with such good humour'

'I have really benefitted from the classes on so many levels, I am most proud of my physical improvements, core strength and being able to walk better'

'All credit to both you and John for your perseverance in keeping us all fit and well - huge thanks from me, absolutely love the classes'

'I have been taught by both Gillian and John and love their different styles - Gillian energetic, precise and ruthless (in a good way), John calm, centred and strong. They have both done wonders for my back, and I find my Friday morning class a much-needed opportunity to put on the brakes and just think about breathing, stretching and building core strength. As well as being very good teachers, they are also caring and supportive, and make me feel a part of the group every week, despite me currently only managing to do a weekly Zoom class. Thank you both!'

”

