



## 2025 Zoom Pilates

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

- Monday 9.45am, 11am (Gillian)
- Tuesday 9.45am and 7pm (Gillian)
- Tuesday private 1:1 (John)
- Thursday 11am (Gillian)
- Thursday private 1:1 (John)
- Friday 9.30am (John)

### 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](http://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 1<sup>st</sup> of month, **£46 per month, or £12 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 and 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"> <li>• <a href="#">Arm mini class</a> – 15 min</li> <li>• <a href="#">Band mini class</a> – 15 min</li> <li>• <a href="#">Table top class</a> - 15 min</li> <li>• <a href="#">Standing class</a> - 15 min</li> <li>• <a href="#">Foam roller or towel</a> - 18 min (Mar 22)</li> <li>• <a href="#">Stretch and release</a> - 10 min (Mar 22)</li> <li>• <a href="#">Soft ball + weights</a> - 45 min Zoom class (Mar 23)</li> <li>• <a href="#">Summer special</a> - 40 min (June 23)</li> <li>• <a href="#">Small balls release + stretch</a> - 35 min (July 23)</li> <li>• <a href="#">Breathing to relax + recharge</a> - 12 min (Nov 23)</li> <li>• <a href="#">Roller + weights</a> - 40 min (Mar 24)</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Zoom class</a> - 55 min (July 20)</li> <li>• <a href="#">Magic circle</a> - 30 min (Mar 21)</li> <li>• <a href="#">Gentle stretch routine</a> - 25 min (Mar 21)</li> <li>• <a href="#">Stretch + go</a> - 30 min (Mar 22)</li> <li>• <a href="#">Side lying legs with a band</a> – 20 min (Mar 22)</li> <li>• <a href="#">Challenge and relax</a> - 48 min (Dec 22)</li> <li>• <a href="#">Mini workout with foam, balls, weights</a> - 40 min (Sept 23)</li> <li>• <a href="#">Shoulders + legs</a> - 46 min (Nov 23)</li> <li>• <a href="#">PTB Plank, twist, balance</a> - 45 min foam roller, towel (Jan 24)</li> <li>• <a href="#">Autumn variations with weights</a>, 40 min (Sept 24)</li> <li>• <a href="#">Spine + shoulder stretch</a>, 40 min (Dec 2024)</li> </ul>
---	---

### PRIVATE SESSIONS

Private Zoom 1:1 sessions are available on request and can be tailored for individual requirements

**VENUES:** current classes in Hampshire and West Sussex - Compton, Havant, Horndean

Please contact us for class information.

