



BODY CONTROL PILATES®

with Gillian Burn & John Spencer



2025 Pilates timetable – zoom and venues

Both zoom and face-to-face, choose any to suit you or a combination. New classes may be added.

ZOOM PILATES TIMETABLE: Please note there are no zoom classes on Wednesdays due to face-to-face classes

Zoom term dates: mainly link in with school terms, contact us for exact dates throughout the year

- Monday 9.45am, 11am (Gillian)
- Tuesday 9.30am and 6.45pm (Gillian)
- Thursday 9.30am (Gillian)
- Friday 9.30am (John)

ZOOM PILATES – General 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
- You will need a mat/towel and cushion/pillow. We also use simple hand weights or cans, spikey balls, stretchy band and soft pilates ball (contact us for a discount code to order via www.physicalcompany.co.uk).
- Payment: monthly by BACS same price each month (G E Burn, 40 47 83 A/N 70133191 - name as reference). Due 1st of month, **£47 per month, or £13 a week**. You can attend any 2 zooms each week, catch up missed classes and provide access to the recordings to use any time as part of the monthly payment. Please note it is the same price each month spread over the year, some months the number of classes varies, the payments allow for 6 weeks of holiday, including ½ term and public holidays.

ZOOM PILATES VIDEOS

You will receive a link to a selection of videos to give extra home Pilates ideas for your in-between class practice!

We also have a **recording only payment** - £16 per month, for clients unable to join face to face or zoom during any month. Contact us if either you or your friends would like this option.

FACE-TO-FACE CLASS TIMETABLE:

- Compton Parish Rooms, Compton - **Mondays 10am** (John) – using large Swiss balls and weights
- The Spring Arts Centre, Havant - **Wednesdays 11.30, 12.45pm intermediate** (Gillian), **2pm** gentle class (John)
- Blendworth Village Wellness Centre – **Thursdays 10 – 11am** (John) – May 2025 – different prices

Bring your own mat, cushions, band, spikey balls, soft pilates ball and 2 small hand weights. We have some spare kit.

Payment: **£13 per class** (or £12.50 when prepaid per month, cash or BACS, G E Burn, 40 47 83, A/N 70133191).

Please give 24 hours' notice if you cannot attend, otherwise a charge of £6.50 applies.

If you want to **combine face to face and zoom**, the face-to-face charge is £13 per class with £6 for extra zooms or weekly zooms £13 and extra face to face £6.

PRIVATE 1:1 SESSIONS - available on request and can be tailored for individual requirements



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