

TERMS AND CONDITIONS

YOUR INSTRUCTOR

Becki White is a Level 3 Pilates and Level 4 Specialist in Exercise for Lower Back Pain Instructor, registered CIMPSA practitioner and insured with FitPro. For further information please visit www.cimpsa.co.uk. The exercises adhere to the original format of Joseph Pilates work and whether you are working in an individual session, small group or class you will be encouraged to make the most out of your workout. A medical screening form will be to be completed prior to your first private or class session.

PRIVATE 1:1 SESSIONS

£40 for initial 1:1 session which will be taken in your own home and lasts approximately an hour and a half. This will include postural analysis and medical screening, the principles and initial Pilates 'set up' discussing neutral alignment and undertaking Pilates exercises specific for your posture type. Further sessions are charged at £35 per hour.

GROUP CLASSES

Classes are suitable for all levels of fitness and are limited to a maximum of 12/13 people per class (depending on venue). There are many different levels to each Pilates exercise and clients will be encouraged to work at their appropriate level progressing to the more advanced options. All participants are asked to advise the instructor of any injuries/medical conditions prior to the commencement of each class.

You will need to wear comfortable clothing such as leggings and t-shirt. As the majority of the exercises are completed lying on your back, tummy or side please try to avoid clothing with zips or buttons as these may make your Pilates experience a little uncomfortable. Shoes are not worn during class. You may wear socks or go barefoot.

COVID19 CLASS FORMAT

To allow for social distancing class numbers will be limited to 12 at the Reef & 13 at Lytchett Matravers Hall. UKActive guidelines will be followed - please read this document prior to attending classes and adhere to the guidelines. A one way route will be in place for both venues to enter and exit the buildings.

- You must not attend class if you or anyone in your household has COVID-19 symptoms.
- Face coverings must be worn when entering the venue via the main entrance. These can then be removed once inside the hall.
- Please come changed ready for your activity. Bring only minimal possessions leaving coats, bags etc. locked out of sight in your car. Only car keys, exercise mats and water bottles really need to be brought into the venue.
- Maintain 2 metres social distancing as far as possible and observe the one-way system.
- On entering the building please make your way to the rear of the hall so that those entering after you can maintain social distancing.
- Use the hand sanitisers provided on entering and leaving the premises. Wash or clean your hands often.
- Avoid touching your face, nose or eyes. Clean your hands if you do.
- Take turns to use confined spaces such as corridors and toilets Note; standing or sitting next to someone is lower risk than opposite them. Briefly passing another person in a confined space is low risk.

THE REEF COMMUNITY CENTRE

Continued...

- Pilates classes are held in the main ground floor hall.
- To enter the building please walk around the right side of the building and through the fire escape (which I will open).
- Toilets are available in the corridor (the toilets in the hall are out of use).
- If you wish to enter via the main centre entrance or use the toilets you are required to wear a facemask.
- At the end of the class you will exit the building via the same fire escape.

TERMS AND CONDITIONS

LYTCHETT MATRAVERS VILLAGE HALL

- Pilates classes are held in the main hall.
- To enter the building please walk around to the rear of the building and enter via the fire escape closest to the car park.
- The ladies toilets are out of use but the mens toilets are accessible for anyone that wishes to use them.
- If you wish to enter via the main centre entrance or use the toilets you are required to wear a facemask.
- At the end of the class you will exit the building via the same fire escape.



ONLINE CLASSES – ZOOM

Online classes have proven quite popular so I have decided to continue to offer these at the same time as teaching in the halls. Please see timetable below. By offering online classes you will now be able to attend your chosen venue/time and/or attend as many online classes as you wish.

Before your first class please take some time to consider the placement of your mat and your device position in order to achieve a clear view. It would be preferable that I have a full view of you whilst lying down (although I appreciate this may depend on available space). You may prefer your device closer to be able to see which exercise is being undertaken. After signing into Zoom you will need to click the 'JOIN' key, you will then be asked for a meeting ID number and a passcode. Every Pilates class will have its own individual ID number and passcode and these will be emailed to you each month. If you have any problems using the Zoom app please feel free to get in touch. I will arrange a private 'meeting' on zoom where I can talk you through the joining and set up process.

<https://zoom.us/signup>

TERMS AND CONDITIONS

COSTS

From 1 September class fees will be £30 per month for unlimited number of classes or £10 per class, pay as you go. Payment is due on or before the 1st of each month. Classes can be paid via contactless payment, cash, cheque or BACS transfer using the bank details:

Sort code 09-01-50

A/c No 0123 9287

Classes are very popular, often with a waiting list. Please consider this if you choose to "sit out" a block as the space will be offered to another client waiting to attend classes.

EQUIPMENT

Please bring your own yoga/pilates mat. Mats, neck/knee pads and pilates soft balls are available to purchase should you wish and a small number of mats will be available to use until such time as you can provide your own. Antibacterial spray and towels will be available to use.

COSTS

- Yoga Mat - £25.00
- Large neck pad and cover - £14.00
- Small neck pad and cover £12.00
- Pilates soft ball - £10.00

TIMETABLE

Monday	Lytchett Matravers Village Hall & online via Zoom	10.00 – 10.55 am
Tuesday	The Reef Community Centre & online via Zoom	9.30 – 10.25 am
Friday	The Reef Community Centre & online via Zoom	10.00 – 10.55 am
Saturday	Online via Zoom	8.00 – 8.55 am