

YOUR INSTRUCTOR

Becki White is a Level 3 Pilates Instructor with a special interest in pelvic floor dysfunction and Level 4 Specialist in Exercise for Lower Back Pain. 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 need to be completed prior to your first class or private 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

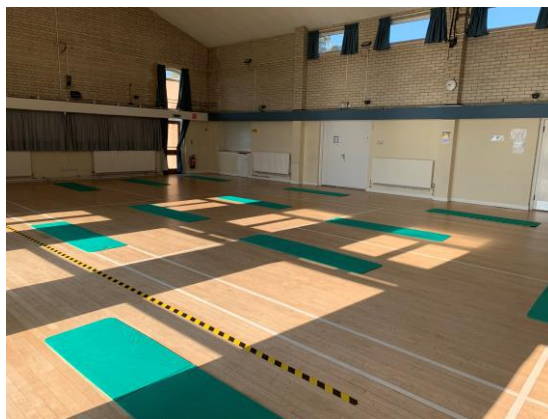
Classes are suitable for all levels of fitness and are limited to a maximum of 12/13 people per class (depending on venue). There are many different levels to each Pilates exercise and clients will be encouraged to work at their appropriate level progressing to the more advanced options. All participants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

THE REEF COMMUNITY CENTRE



LYTCHETT MATRAVERS VILLAGE HALL



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. Zoom Pilates classes will have an ID number and passcode and these will be emailed to you on receipt of your completed medical screening form and payment.

<https://zoom.us/signup>

COSTS

Costs vary depending on the type and number of classes you wish to attend.

- Zoom only £35 per month – Unlimited access to all zoom classes.
- 1 class per week £40 per month – you will have a guaranteed mat place to attend 1 mat class per week at your chosen venue and unlimited number of Zoom classes.
- 2 classes per week £50 – you will have a guaranteed mat place to attend 2 classes per week and unlimited Zoom classes.
- Pay as you Go - £12 per class - If you do not wish to commit to a monthly fee you may prefer to pay as you go. To guarantee your mat place you will need to book and pay in advance.

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:

A/C Name: Not Just Pilates

Sort code: 09-01-50

A/C No: 0123 9287

If you miss a class you are able to make up a session on an alternative day/venue, subject to availability.

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.

TIMETABLE

Monday	Lytchett Matravers Village Hall & online via Zoom	10.00 – 11.00 am
Tuesday	The Reef Community Centre & online via Zoom	9.00 – 10.00 am
Friday	The Reef Community Centre & online via Zoom	10.00 – 11.00 am