Hi Everyone,

We hope you are still keeping fit and healthy.

Ingrid and I have been busy in the Mother Ship sorting our cancelled patients, dealing with insurance companies, booking live classes, making videos etc. I’ve also had a steady stream of video 1:1 consultations, so we are still able to provide a service to our clients, albeit a different one.

Meanwhile, Mel, Sarah and Gill have been running live on-line Pilates classes from their homes via Zoom. These are proving popular and also a good form of social interaction in times of isolation.

Since we will not be opening the clinic for some time yet, we are pleased to be able to continue our programme of live classes for a further six weeks, at the same price of £42. The courses start on Monday 1st June. If you book 2 courses, the second course is discounted to £35, and a third course will be £32. (phone to obtain discount).

If you didn’t get round to booking first time, then its fine to book these courses. Please do give it a try. Read more info here: [Live on-line Zoom Classes](https://www.vineyhallphysio.co.uk/news/live-on-line-pilates-classes). If the classes fill up (still max 12 people), we would be delighted to start another class. Also, please get in touch if you would like a bespoke course for a group of friends, work colleagues or sporting chums. Read: [Pilates on-line: Try It!](https://www.vineyhallphysio.co.uk/news/pilates-try-it)

Bookings should be made online by following this link: [Live Class Booking](https://vineyhallphysiotherapy.connect.tm3app.com/)

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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 09.30 | Sarah’s Advanced |  | Gill’s Intermediate | Pip’s Gentle | Sarah’s Intermediate |
| 10.45 | Sarah’s Gentle |  |  | Pip’s Advanced |  |
| 17.15 |  | Mel’s Intermediate |  |  | Mel’s Intermediate/Adv |
| 18.00  | Pip’s Beginners\* |  |  | Gill’s Intermediate |  |
|  |  |  |  |  |  |

* Beginners class is for anyone wishing to start Pilates. A 1:1 introductory session is required before enrolling (£30) Please phone 01594 516810
* Gentle classes are for the less able and those who would like to work on mobility and balance at a basic level
* Intermediate Classes offer a general all-round workout for mixed abilities but experience of Pilates at Viney Hall.
* Advanced classes are suitable for those experienced in Pilates who want to challenge themselves more, using more resistance, and those who have been attending higher level reformer sessions
* Once booked, you will receive a link to the class prior to the start.

We have kept our initial programme of live classes simple and basic. If there is demand, we are happy to provide different classes, such as Pilates for Runners, Cyclists, Golfers, Walkers, Gardeners, HIT Pilates (high intensity interval training – half an hour of fast, dynamic exercise in a controlled way), Pilates on the Gym Ball, Pilates for Women’s Health, Men’s Health, Osteoporosis. The list is endless! To run any of these, we need enough people, obviously, so please let us know and we will do our best.

Comments on the Live Zoom Classes include:

*It was so nice to see and hear everyone.  A bit of motivation to keep us going*.

*I think it will be life-line for us over .. possibly months ahead.*

*The Zoom worked well, it was much easier to exercise with others and the most surprising thing I found was that it was mood lifting, to do this remotely, but live and with others.*

Thank you for the class- it was fun and great to see other humans!!

*Teacher excellent- very clear, patient. The technology worked really well. The level of the exercises were exactly right.*

*Really enjoyed today's class, it worked really well and it was so uplifting.*

…the interaction means that we can ask if we are not sure and your encouragement is always a boost.

Video Subscription Club

If you would rather exercise in your own time rather than a live class, then consider subscribing to our Video Club. For this you subscribe £30 to receive at least one video a week for 6 weeks. There is a great variety of classes for all different standards. We are privileged to have a selection of very high quality instructors, including guest appearances. It means you can exercise every day if you wish (as many are doing) and whenever you like, and for as long as you like. You can adapt the exercises to suit yourselves too. Plenty of variety to keep you interested.

See our promotional video: [Video Club Promotion](https://www.youtube.com/watch?v=JY24tUcJCq4)

And subscribe here: [Video Subscription Booking](https://vineyhallphysiotherapy.connect.tm3app.com/book/classes)

 Comments include:

*Who would have imagined that I (and my husband!!!) would have taken to the videos so well - we have done a morning session every day since lockdown!!*

Half an hour is good to do as a daily routine.

*We tend to start the video on a smartphone and then 'cast' it to the TV so we can watch it on a larger screen.*

I am doing them every day, apart from a work day 😊 The girls are joining in sometimes too*I tried your video on YouTube this morning, it's brilliant, thank you.*

We look forward to your bookings. Do telephone any day before 3pm if you are unsure , would like advice or help with booking.

See you soon,

Pip