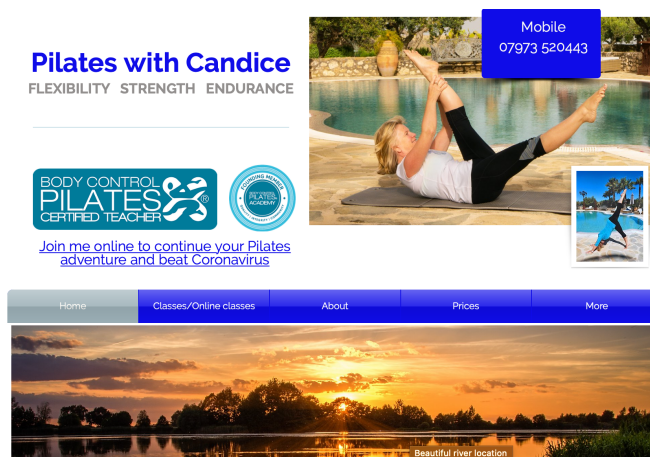


Pilates with Candice Summer term 2020



My website for class info and online classes is www.pilateswithcandice.com

Dear Students and Friends

Hi to all my lovely students and friends,
WOW who would have ever thought we would be in this position.
The most important thing is we all stay safe and well.

Moving forward and literally keep us all moving 😊. I understand we are all in very different situations, some with young children at home, some with teenagers (God Bless you!), some of you will be in the high risk group and self isolating (I hope you all have support), many of you working from home and some having elderly parents you are very worried about. Let's all try to help each other through this.

All my class WhatsApp groups have now been set up, if anyone has been missed off please let me know. A couple of you I already know about and I will text or email you separately. It's a great way to communicate and keep us all going - and laughing! Oh boy do we need some laughter.

This is so important if you are alone, please if you are, keep in touch and if you need anything I am sure we can help in some way.

Back to our Pilates journey ahead.... this is my plan (at the moment) for our classes.

I have done 3 videos today, as the sun was out and it was a beautiful day, so hoping to have these up and running tomorrow. I will WhatsApp you the password later either this evening or first thing in the morning. They will be running via Vimeo on my website, so will be very simple to use. I am going to keep most of the videos to 30mins long, as I know you have many distractions if you are working from home... I plan to put up several videos each week with plenty variety. The first one is a gentle beginners class, with all the exercises you are familiar with, good for all and especially to get a warm up to maybe a more advanced class. The 2nd video is for more intermediate students, please feel free to give it a go if you are not sure if the class is for you, but PLEASE DON'T DO ANYTHING YOU FEEL UNCOMFORTABLE DOING, and at anytime if anything hurts please STOP! The third is just approx 15mins long and an unwind, stretch and relaxation. Great class for the end of a stressful day maybe! We all need some R&R.

Classes will as I mentioned be varied, so you can pick and choose. I will change the password from time to time. You will however be able to continue with a favourite video if you find one you like (hope so) as I will not remove any from the website. I will do classes for beginners, intermediate and advanced, Back to Basics, flow, ball, band, roller, plus classes with different themes, focus on the back, focus on the neck and shoulders, stretch etc. I may also throw in some Pilates Barre, and Fitness. For anyone wanting a bit more of a cardio workout. If you have any requests please let me know. Any feedback also is great. You can private message me via text or WhatsApp or send me an email.

I am also endeavouring to set up a couple of classes each week, one beginners/improvers and one intermediate/advanced at specific times and will try to live stream them, so we can all come together if possible. We have so much to organise this week, the live streaming therefore won't be sorted until hopefully next week.. one step at a time...

Papyrus Lodge, 85 Windrush Lake, South Cerney, Cirencester, Gloucester GL7 5TJ

Pilates with Candice Summer term 2020

Private lessons - I am also going to try to set up as a live streaming class, this works well in this situation as you can see the student well and vice versa. Let me know if you are interested. This will again be at a reduced rate.

I am hoping to set up a Q and A section also on my website. Plus a cooking lesson from my fabulous chef in Sicily... lots of plans for you all.

Regarding fees for our very unique next term. First of all we still have 2 more weeks until we were breaking for Easter, so for those of you who have paid in full and not PAYG, the next 2 weeks videos are in lieu of our normal class. I hope this is acceptable for you all. If you are PAYG and want to join in, then the cost will be just £10 per week. After the next 2 weeks we will start our summer term which will also run over the Easter period. This will be £10 per week for everyone. Couples who come to class, or anyone living in the same household the cost is just £10. For this you will be able to do classes everyday and at whatever time works for you. You can pick and choose, and share with your family. I am going to do a complete beginners class, so any newbies can give it a go! This may work really well for those of you who have been trying hard to get partners to do Pilatesmaybe just the incentive.

Fees Summer Term 10 weeks Tues April 7th - Mon 15th June. £100.

Let's hope by mid June we may get back to some sense of normality. If we can resume classes prior to this we will just start the classes up again and carry the fees over to your regular class.

I am trying to keep going as I know you all are. If anyone is struggling financially, or has been affected financially please let me know, as I do not want ANYONE giving up class because they are now out of a job or worried in anyway.

So out of a very uncertain time, I hope to bring you some fun and fitness to your day!

We are all in this together and I know we all care. If there's anything I can help anyone with please let me know, or if you have any questions get in touch.

Thank you for all your support and kindness.

Sending you all heartfelt virtual hugs 🤗

Stay safe, healthy and as happy as we can be ...

Love

Candice xx

Mobile: 07973 520443 or email candiceeales@gmail.com

Full payment by cheque or by bank transfer to BACS to C Eales 91658085 40-47-75
Cheques made out to C Eales and posted to my home address below.