



Live Streamed / Virtual Classes at Life Fit Wellness

We are launching a new live streamed Pilates and Yoga timetable from Monday 23rd March. These classes are open to all - so please spread the word and ask anyone who may be interested to get in touch with us either by email (info@lifefitwellness.co.uk).

Please see below for instructions on how to get set up with ZOOM. It is straightforward...honestly!

You can continue to use your existing class credits to access the classes. Each class will be 5 credits. If you need to top up your credits please contact the clinic by email.

Booking

Classes can be booked using our online booking system via our website. Please ensure you pre book in for every class you want to. As the classes are mixed ability knowing who is planning to attend will help us plan content, making sure we get all your favourite exercises included! We have various class times available, however we know that everyone's daily schedule is now completely different. If there are particular times you would like classes, do let us know and we will see what we can do.

To ensure you place in a class you will need to make your booking **PRIOR TO 5pm THE DAY BEFORE** to allow time for the meeting code to be sent to you. Booking after this time cannot be guaranteed access to the class, however we will do our best to accommodate everyone.

After Booking

How do I access ZOOM?

A tablet, laptop or PC generally works best due to the screen size. A phone can work but may be a little small. Ideally you want to have a good space to exercise and the screen clearly visible when standing and lying.

If you haven't already done so, please make sure you can access <https://zoom.us/>

We recommend you download the app in the app store called 'ZOOM cloud meetings'. There are great online tutorials on how to set this up; <https://www.youtube.com/watch?v=HfXhCOPfWnI> is a good start.

You do not have to create an account, you can join using the meeting ID and code which will be emailed to you ahead of the class. You can enter up to 15 mins before the class, and then you can join the live streamed class in the comfort of your own home.

What will I need?

For your comfort, we suggest you use a mat or find a soft area of carpet to exercise on, and use a small folded towel as a head cushion. Knowing many of you have invested in your own props for home use we will plan classes with use of these as an option. However, the exercises can all be done prop free or with some home styled alternatives. We will include the prop /suggested alternative information in the email with the meeting code so that you can have prepared in advance.

Things to be aware of

For the purposes of the class we will mute participants so it runs smoothly and without interruption so you should only be able to hear the instructor. If you have any questions and/or feedback please email the clinic after the class. Please remember to self-modify for any persisting/ongoing issues that your physio/instructor knows about and has previously advised you of.

As always you don't have to do the same number of repetitions as the class teacher...but equally no slacking either! If there are particular exercises you are challenged by you may want to consider a 1:1 Pilates session with us – remember thanks to technology this can be done virtually

If you were to lose the connection for any reason e.g. phone call/ internet interruptions you just need to add the code once more and you should automatically be admitted back to the class.

We are really looking forward to joining you in your living room for Pilates. It's a great opportunity to keep exercise in a daily routine!