

## **Face To Face & Combined Session**

### **Option 1**

**£36 for a block ( consisting of 4 sessions)**

**This option will give you the equivalent of 1 session per week & must be taken within 5 weeks ( can be redeemed in any face to face session with zoom session or video also available where you can't make your normal face to face session) if you wish to do 2 sessions in 1 week to make up your 4 sessions then feel free. As soon as you have finished your 4 sessions, you will automatically start a new block the following week & payment will be requested.**

**The video will give you roughly 14 days to use, you can split it up if time is not on your side & repeat it as many times as you like**

**For just £1 more per week you can have option 2 which is set out below**

### **Option 2**

**£40 for unlimited Pilates sessions for a rolling 4 week period with no rollovers.**

**This will be made up of 4 face to face sessions spread throughout the 4 weeks ( usually 1 face to face a week, but double up if you need to fit them in) along with unlimited live zoom sessions plus the video sent every week**

**From time to time i will endeavour to also send out bonus videos only for the unlimited option which will be recorded especially for you.**

**These may include short mobility sessions, upper or lower body sessions, deep dive into certain exercises etc**

**This does not include Purestretch**

**The video will give you roughly 14 days to use, you can split it up if time is not on your side & repeat it as many times as you like**

## **Zoom Sessions**

### **Option 1**

**£32 for a block ( consisting of 4 sessions which is still less than you used to pay face to face in the pre pandemic days)**

**This option will give you the equivalent of 1 session per week & must be taken within 5 weeks ( can be redeemed in any zoom session or video also available or if you wish you could jump on the odd face to face where needed if space ) if you wish to do 2 sessions in 1 week to make up your 4 sessions then feel free. As soon as you have finished your 4 sessions, you will automatically start a new block the following week & payment will be requested.**

**The video will give you roughly 14 days to use, you can split it up if time is not on your side & repeat it as many times as you like**

**For just £1 more per week you can have option 2 which is set out below**

### **Option 2**

**£36 for unlimited Pilates sessions for a rolling 4 week period with no rollovers**

**For this you are entitled to as many live zoom sessions as you wish to attend & you will also have the video sent to you weekly.**

**From time to time i will endeavour to also send out bonus videos only for the unlimited option which will be recorded especially for you.**

**These may include short mobility sessions, upper or lower body sessions, deep dive into certain exercises etc**

**This does not include Purestretch**

**The video will give you roughly 14 days to use, you can split it up if time is not on your side & repeat it as many times as you like**

## **Purestretch**

**This is a dynamic stretch session that encourages mobilizing & stretching/lengthening but has a decent dose of strength in there to keep the body balanced, working on the fascial lines as well as releasing/lengthening muscles**

**This will now be run on a class pass basis**

**There will not be a video option for this class**

**If you buy 5 or 10 sessions, you will have up to 6 months from the date of your payment to use your sessions**

**If you buy 15 or 20 sessions, you will have up to 12 months from the date of payment to use your sessions**

**Sessions will be £7 when used in conjunction with option 1 Pilates or as a stand alone class**

**Sessions will be only £4 for Option 2 Pilates ( unlimited options)**

**Sessions only sold in passes of 5, 10, 15 or 20 sessions at a time, you will be contacted when you have finished your chosen number of sessions**

**Please take into account that we run 40 weeks of the year when deciding your class pass number of sessions to book**

**By attending the session you are agreeing to the payment options**