



Welcome to Free Zoom live classes during Stepember 2021

Monday	Class	Time	Zoom Link
13 th Sep until 27 th Sep 21	Express Pilates for Backs	13.00 – 13.30	Join Zoom Meeting https://zoom.us/j/94654186359 Meeting ID: 946 5418 6359
<p>Teacher Gail– If you have any issues please contact the teacher gail.heathcote- milner@manchester.ac.uk</p>			<p>Description: Concentrating on the posterior (back) of the body, this session will focus mainly on the back and buttock muscles with a blend of strength and stretching exercises the Pilates way. Equipment needed – mat. Other bits can be used such as small hand weights and resistance bands.</p>

Before you start please make sure read the safety checks and disclaimer.

Please e-mail the teacher if you have any medical issues or are finding some of the exercises difficult – email above Please read the safety protocols before you start your session.

Your space

- Make sure you have a space where you can stand legs a stride and arms wide
- You can lie down fully stretch out with arms stretch above your head
- Try and position your camera where you can see the instructor and your head and shoulders are resquare on to the screen. Be mindful that you are not putting your neck into awkward positions.
- Keep your space ventilated and have water to hand.
- Be mindful of animals and kids getting under your feet
- Any protruding furniture to be made safe and the floor is even and non -slip
- If you start to feel unwell and have to leave the session please inform the teacher via the chat or unmute to let her know you are leaving.

During your workout if you experience dizziness, chest pains or any severe sharp pain during your exercise session please stop immediately and seek medical advice.

By using our fitness content/live platforms you do so at your own risk, your participation in these sessions are entirely voluntary and you may opt out at any given time.

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