

PILATES:

Dear all - it's been great to meet some of you in the garden, but the time has come to restart in both Capel Methodist Church and Bentley Village Hall. If you are still not ready to return then that is of course fine - just let me know. Some of you did, but things change!

All information will be kept up to date on my website www.jillsharp.co.uk

CLASS TIMES:

The times of the Tuesday evening and Friday mornings need to change a little bit to allow more change over time, so

Tuesdays 11am - 12noon, Bentley Village Hall (unchanged)

Tuesday 7-8pm, Tuesday 8:15 - 9:15pm, Capel Methodist Church

Friday 8:30-9:30am, Friday 9:45am - 10:45am, Capel Methodist Church

BUILDINGS:

For as long as we can, doors will remain open so that you don't need to touch them.

Capel Methodist Church - entry by the usual door, exit through the Prayer room to the right of the stage. Taking care as there are some small steps down outside the building.

Bentley Village Hall - entry by the usual door, exit by the fire doors and round the back of the building back to the carpark.

See diagrams for each building & class type.

BRING: Only bring your own water, mat, cushion, phone/keys into the hall. You can bring in your own hand sanitiser if you wish. Mats - many of you have now bought your own. If you want to use one of my mats, I have about 20 available for long-term loan. It is likely that we won't go back to sharing mats so if you want to buy one off me for £5 (standard thickness) then please ask. DO NOT bring anything into the class that is not necessary.

FACILITIES: Avoid using the toilets if possible although they will be available at each venue.

BOOKING SYSTEMS: will be via the online booking form 'Doodle'. If you do not use the internet then let Jill know and she can book for you if there are spaces. Please only book for your (pre-covid) usual class. If you wish to change to a different class permanently, please talk with me to see if there is space. I will continue to use the Whats App group to inform you about spaces (smartphone required) so if you'd like to go on it please let me know your mobile number. If you'd like to be removed, please let me know. *(By the way - if you send a message to the group everyone sees it, if you want to send a message to just me tap on my name in a previous message and it should give you the options to 'Message Jill', then only I see it)*

<http://www.jillsharp.co.uk/pilates.html>

CANCELLATIONS: As spaces are limited - if you need to cancel a booking with less than 48 hours notice you will be charged, unless it is due to sickness. Bookings can be

cancelled on Doodle, or by contacting me.

SPACES: need to be limited for your protection.

Pilates - Capel Meths - 18 ; Bentley Village Hall - 20 (2m x 2m space)

Face coverings are currently optional - [government guidance](#) as at 15 August 2020:

“There are also scenarios when you are permitted to remove a face covering:

- *if you are undertaking exercise or an activity and it would negatively impact your ability to do so”*

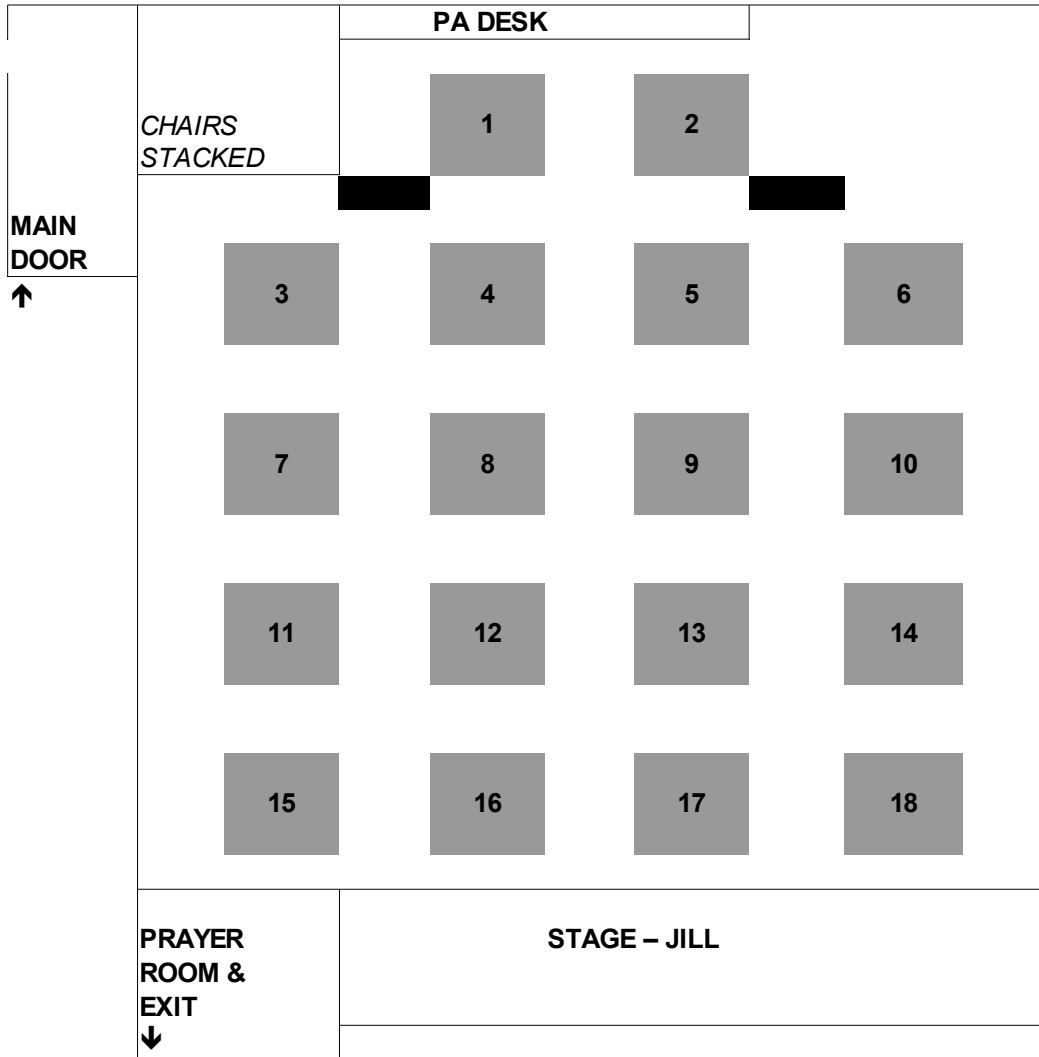
Please note this guidance can change.

PAYMENT: to avoid cash changing hands, I would prefer you to pay by bank transfer if you can. I will give you my bank details when you come to your first class. If you do not do online banking then cash preferred for several sessions at once. Pilates classes now £5 (to prevent the need for change).

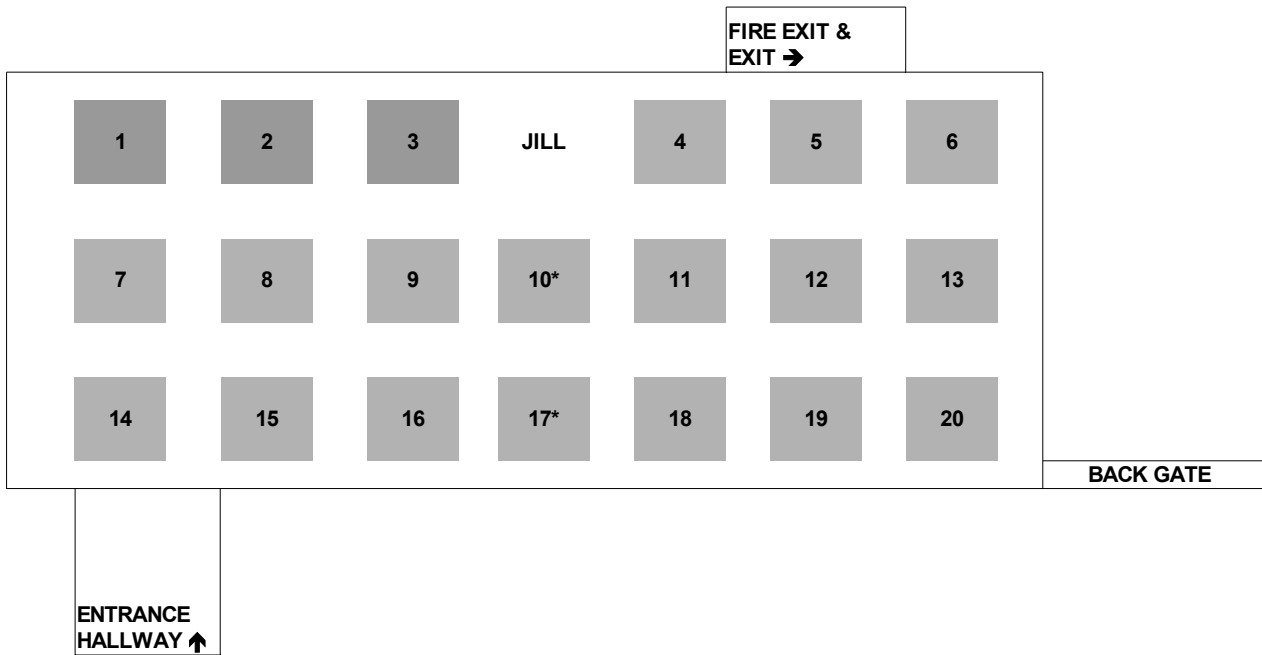
COVID SYMPTOMS: if you or anyone in your household starts to display Covid symptoms please do not attend a class. If you have already, and get a positive test result please phone me immediately so that I can contact all the other people who were in the class with you who would also need to self isolate for 14 days (or as per government advice at the time). If this happens I will need to self isolate as well so classes will be cancelled for that time.

For anyone interested I have done risk assessments for each building and class. If you want to see them please ask.

Capel Methodist Church – Pilates layout



Bentley Village Hall – Pilates layout



* If there are less than 20 then these two middle positions will be spaces so that Jill can move a bit!