

YouNique Online Exercise Classes: Yoga, Pilates, Tai Chi and Seated Exercise Classes – updated 1st May 2020

DAY	TIME	CLASS	INSTRUCTOR
Mondays	09.00 – 09.35	Fitness Wakeup	Lynne Ratcliffe
	10.00 – 11.00	Yoga – Balance mind, body and breath	Juliet Hammond
	11.00 – 11.20	Breathing / Pranayama Yoga	Juliet Hammond
	17.00 – 17.50	Pilates (with gym ball, if you have one – not essential)	Lynne Ratcliffe
	19.00 – 19.45	Fitness Pilates	Kate Bratton
Tuesdays	09.00 – 09.50	Pilates	Lynne Ratcliffe
	11.30 – 12.30	Seated Exercise & Yoga - Get fit & have fun!	Stephanie Ball
	16.00 – 16.20	Relaxation / Meditation	Juliet Hammond
	17.00 – 17.35	Body Conditioning	Lynne Ratcliffe
	20.00 – 21.00	Restorative Yoga	Summer
Wednesdays	09.00 – 09.35	Fitness Wakeup	Lynne Ratcliffe
	10.00 – 11.00	Chair Exercise	Juliet Hammond
	11.30 – 12.30	Yoga – Balance mind, body and breath	Juliet Hammond
	12.30 – 13.30	Restorative Yoga	Summer
	17.00 – 17.40	Beginners Yoga Workout	Josh Box
	17.00 – 17.50	Pilates	Lynne Ratcliffe
	18.30 – 19.45	Yoga - Create space in the body	Stephanie Ball

Thursdays	09.00 – 09.50	Pilates	Lynne Ratcliffe
	10.00 – 10.30	Chair “Aerobics” – a fun 30 minute session	Lynne Ratcliffe
	10.00 – 11.00	Movement Meditation Mornings	Josh Box
	13.30 – 14.45	Yoga - Explore the mind, body, breath connection	Stephanie Ball
	17.00 – 17.35	Body Conditioning	Lynne Ratcliffe
Fridays	09.00 – 09.35	Fitness Wakeup (* free class *)	Lynne Ratcliffe
	17.00 – 17.50	Pilates	Lynne Ratcliffe
	17.30 – 18.45	Yoga - Release the week's tension through mindful movement	Stephanie Ball
Sundays	09.30 – 10.30	Fitness Pilates HIIT/conditioning	Lynne Ratcliffe
Anytime		Tai Chi to improve immunity & reduce stress. Sally Hemmings sends her love & best wishes & suggests you watch this free YouTube video: https://www.youtube.com/playlist?list=PLMybNPFKGgSxHqI65G6UrDI1blf493ih	Dr Paul Lam

How to join?

Lynne's classes: Classes are a donation of either £2 for one class, £3 for 2 classes in one day or £10 for a whole week (9am on Fridays, Fitness Wakeup is a free class). This covers insurance, music and Zoom Software. Contact Lynne direct on lynnerrat@btinternet.com. Trainers required for all sessions except Pilates – suitable for aged 16 and over – all levels – equipment individual preference: Body Conditioning with bands & weights (water bottles & tins are just as good): Chair Aerobics, seated with or without light weights / tins etc

Steph's classes: All classes donation based (minimum £1, maximum £6) and free to NHS workers. Classes take place via Zoom. Email Steph to book: stephanieballshiatsu@gmail.com All classes suitable for beginners & experienced yogis.

Josh's classes: Donation based (due to circumstances being challenging at this time it is a "pay what you feel class"). Clients choice via [PayPal.me/joshboxyoga](https://www.paypal.com/uk/microdonations/joshboxyoga) or EventBrite - <https://www.eventbrite.co.uk/d/online/josh-box-yoga/> The classes will take place via Zoom, to gain access contact Josh at joshboxyoga@gmail.com

Juliet's classes: All classes donation based (Chair students - suggested £5 for whole week, Mat Yoga students - suggested £8 for whole week). The classes will take place via Zoom, to gain access contact Juliet on 07941847167 or julietbex@aol.com. Video recordings potentially available – please contact Juliet for more details.

Kate's classes: There's no charge. The classes will take place via Google Duo, to gain access contact Kate on kate.bratton@btinternet.com or 07736715799

Summer's classes: £10 per class. Equipment required: 3 pillows wrapped around with a large thick towel; 2 books; blanket; 3 cushions, and sofa close by. For access book through Summer's Facebook page: <https://www.facebook.com/restorativeyogamaxine/>