

ZUIVER PILATES

STRETCH **STRENGTH** CONTROL

Zuiver Pilates goes online!

From Monday 11 May, Zuiver Pilates will start offering online group and private lessons via Zoom. Zuiver Pilates stands for simplicity and clarity and that is what I want to express during the online lessons. It will be different than you may be used to from Zuiver Pilates, nevertheless I will do my best to tailor the lessons to everyone's wishes and needs. *Let's do this together!*

Group lessons Pilates mat:

Register for the lesson that suits your level! In the group lessons intermediate, or intermediate / advanced, the camera and audio are switched off by the customer after check participation.

The beginners class is for anyone who wants to discover Pilates in an easy way, young and old, man or woman. During the lesson I demonstrate the exercises, but I observe you (the camera is on) to give corrections and explanations where necessary.

Monday	9.30 am	Intermediate
Tuesday	12.00 pm	Beginner
Wednesday	9.30 am	Intermediate/ advanced
Thursday	20.00 pm	Intermediate
Friday	9.30 am	Intermediate

Rates group lessons mat:

- First lesson free for new members!
- Single lesson € 11.50
- 5 ticket € 50, -
- 10 ticket € 90

Private lessons:

During the private lessons, the focus will be on your personal workout and we will make the most of it together. It is also ideal for people with an injury or other disabilities to do an online workout tailored to your body. These lessons will be organized upon request and a time to be determined. The 30 minute workout is for beginners and the 45 minute workout is for people with more experience. If you have any questions about this, email or call me, we can discuss the possibilities together.

Rates private lessons:

- 30 minutes € 25

- 45 minutes € 35

You can register for a lesson via info@zuiverpilates.nl or via telephone, WhatsApp, text message on 06-45548292.

Payment is easy via an IDEAL link that is sent after request. After payment you will receive the login link for the lesson and all information necessary to follow the lesson as efficiently and safely as possible.

I am really looking forward to working with you!

With love Marjolijn Hols
Zuiver Pilates