

# ONLINE TRAINING SESSIONS & PACKAGES SEPTEMBER 2020



*“... this is more than just a core/ stretch class - it is both preventing injury and rehabilitating my lifestyle and previous injuries”...*

FOCUS THE MIND BY EXERCISING TOGETHER - FOCUS THE BODY WITH LIVE TECHNIQUE CORRECTIONS.

All Welcome: Sessions on ZOOM.

“Wake up” and Stretch with a Twist of Core” 40-45 mins.

3 x Strength sessions (green) and 2 x Cardio sessions on the indoor bike/ turbo trainer (yellow)

Rowing machine sessions and Sports specific sessions available on request

Individual 1-2-1 sessions are 45-60mins available at regular hourly rate per session - email “emma@biosphericperformance.com”

All Payment online. Please PM me for my Bank details or through PayPal - [https://paypal.me/EmmaWestmacott?locale.x=en\\_GB](https://paypal.me/EmmaWestmacott?locale.x=en_GB)

All sessions on same link - click to go direct to sign in: Link <https://us02web.zoom.us/j/618296090>;

Download the app off [www.Zoom.us](http://www.Zoom.us) and “Join Meeting” and add Meeting ID: “618 296 090” Or Copy link into browser from List.

£5 per session/ £20 per week for just the “Wake up and stretch” / £30 for unlimited access to all classes.

30 years in the health & fitness industry - qualified PT, Pilates Instructor and Biomechanics Coach with my own business £5 per session/ £20 per week for

More current info on facebook - Biospheric Performance

Specialise in making positive changes in life: preventing pain & improving performance through correcting posture, good technique & positive mindset.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
730 - 815	Wake up and Stretch with a twist of core - General	Wake up and Stretch with a twist of core - Hip Opening	Wake up & Stretch with a twist of core on the Swiss ball	Wake up and Stretch with a twist of core - Upper body Opening	Wake up and Stretch with a twist of core - General	Wake up and stretch - with a yoga/foam roller slant	Lie In!
830 - 9.15		Indoor Bike Turbo			Indoor Bike Turbo		
1730-1830	TRX - all over body work out		Upper body work out	Lower body work out			