

NOVEMBER 2020 ONLINE TRAINING SESSIONS & PACKAGES



"... I have done lots of yoga and pilates but this is the next level in technique, flow and instruction"... Manda

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

Everyone Welcome to all classes: Sessions on ZOOM.

"Wake up & 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 50-60mins available at regular hourly rate per session - email "emma@biosphericperformance.com"

All Payment made online. Please PM me for my Bank details or through PayPal - https://paypal.me/EmmaWestmacott?locale.x=en_GB

All sessions on same ID 618296090 - or click this link to go direct <https://us02web.zoom.us/j/618296090>; any problems PM me

£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		
545 - 630	TRX - all over body strength		Upper body work out	Lower body work out			