

Pilates for Runners with Frankie

As you may know, “Pilates for Runners” has been very successful and quite popular. We have been lucky with Frankie supporting us. We are looking to keep this going whilst we continue to look into how “*we get back to running*”.

With the club now meeting in pace groups on a Wednesday this has had an impact for Pilates.

So, what does this mean for Pilates.....

From August access is by payment only so as to cover the costs of the activity. The fee for each block of sessions covers the calendar month.

We will trial these “payment access sessions” until Xmas 2020 and if its supported then the plan will be to continue it into 2021.

Payment needs to be by **9am on the day of the session**, paying for the month discounts the rate to around £3 per zoom connection per Pilates Session.

The “*Live*” Event will be from **18:30 on Mondays**

The “*recording*” can still be available if you have paid and can’t make the “live” session. We will hold the recording available for two weeks.

The basic rules /expectations are

- That we run the pay as you use it *Pilates for runners* as a trial until Xmas.
- Access will be to **ERR paid up members** (All Club runners and Social /Second claim members).
- Non-Members can participate by contacting Marina on the club email address
- The fee assumes only people from the same household will be able to use each connection.
- Marina will email the zoom invite link to the members on the paid list Monday morning. So, your zoom name needs to match who we know you as!!
- Payment needs to be made via your online bank account by 9am on the morning of the first block or session
- If you haven’t paid in time than you can’t join that evenings session.
- The access details and the recording link will be emailed to all on the paid list but **it is not** to be shared outside that group.
- Frankie needs your details and emergency contact on her [form](#)

How much will it be

So, to simplify the admin, we need to charge in blocks (per calendar month) so it will be either you buying 4 (or 5 sessions in November) for each month

Please pay into the ERR EVENTS account at Lloyds Bank

30-19-83 14040668 - quote "**PIL/name**"

Members

Calendar Monthly fee = £12 for 4 or 5 sessions

A single session would be £5.

Non-Members

Calendar Monthly fee = £15 for 4 or 5 sessions

A single session would be £5.

(You can always join up as a social member!!)

One off booking,

As some people may want to do an odd session, so to reflect the hassle factor for the user list, the fee is £5. But this only available for odd sessions not regular usage, i.e. once a month. Again, to be paid before 9am on the day of the session when the bank account will be checked.

Become a member [here](#)

Frankie will need, from time to time, some holidays and time off, we may be able to find a substitute instructor, but that can't be guaranteed. If a session has to be cancelled then we will find a way to transfer the credit into another block. And as above Frankie needs your details sent to her.