

## Tips to Get the Best Out of Your Live Online Pilates Class

### **Setting up your device (computer, laptop, iPad or iPhone) and positioning your equipment:**

- Where possible, we'd advise using a computer or laptop to join our Zoom classes as these devices have a wider field of view and it's easier to manipulate the camera position via the screen. However, a phone or tablet is also fine. Whichever device you use, please don't block the camera.
- We would advise that you start logging onto your Zoom class at least 10-15 minutes before the start of your class, just in case you do experience any technical issues. Please don't leave it to the last minute! Whilst both me and my instructors will endeavour to help you have the best experience, we can't be held responsible for any technical issues that might stop you enjoying the class either before or during it. Instructors will therefore endeavour to start the classes on time.
- Everyone's WI-FI capacity varies. We would therefore advise that you don't have numerous other WI-FI intensive activities streaming at your house while you're doing your class so that you have no/minimal capacity constraints during your session.
- Where possible, try and find somewhere quiet where you are not likely to be interrupted or distracted.
- Our instructors won't be using any small equipment for the time being so you don't need to worry about that. If you don't have your own mat or head cushion, we would advise using a large towel as your mat and a hand towel, which you can fold into a neat square, as your head cushion. If you usually use 2 head cushions, please use 2 hand towels to replicate the 2 head cushions you'd otherwise use.
- Try and position your device in such a way that the instructor can see you on your mat when you're both lying down and standing up. Alternatively, reposition your mat so that you can be seen on screen in all different positions. Also ensure that you have enough room around you to stretch out your arms and legs. Either way, your instructor will definitely let you know if they can't see you!
- If you're using an iPad or iPhone, please position it landscape rather than portrait so that more of you is visible to the instructor during your session.
- Please try and set your camera device slightly above you when you're lying on your mat as this will make it easier for the teacher to correct you.
- Light yourself from the front or overhead. If a window or light source is behind you, your instructor will see a silhouette so please close the curtains/blinds or place your device on the other side of the room.
- Please ensure that your volume is high enough for you to hear your instructor as clearly as possible whilst you're lying down on your mat.
- It's advisable to ensure that your device is fully charged before the session so that it doesn't die on you half way through the class.
- If you're using a computer or laptop, we'd also advise you set your screen saver to an hour or longer to avoid the screen going blank on you whilst you're down on your mat.

### **Once logged into your class:**

- Before the class starts you can all chat together. Once the class has started, however, the teacher will put you all on mute. This will ensure that the instructor remains in the centre of your screen throughout the session. If, however, you'd like to ask a question during the course of the class, please just give your instructor a wave and they'll 'unmute you'. Being on mute will also mean that if you have an unexpected interruption during the session (like a child, partner, phone call, dog etc) then it won't disrupt the rest of the class. The teacher will take all participants off mute at the end of the class so everyone can have a chat before signing off.
- Obviously, our instructors won't be able to 'see' you as clearly as they would in a face-to-face class so we would ask that you self-check and be responsible for your own bodies whilst exercising.