



Jessica Pilates



Wishes you a Blessed Easter!

And happy Spring

Welcome to our Easter Newsletter for 2026, and can you believe we are already into our Easter break!

With slightly warmer weather, it does always seem easier to get up and moving, and I hope our classes help you to feel more open to moving and being active.

We've got 2 exciting changes to share with you, effective after the Easter break!

Firstly, Coleena is finally hanging up her Pilates mat and taking retirement! We are very sad to see her go, especially since she has been with Jessica Pilates for the longest time. She is the most amazing teacher, always happy to step in and help, and has been so inspirational to many of our clients. We wish her a wonderful retirement and hope to see her occasionally for cover classes.

We then welcome back Jane, who has been taking a break to raise her sons, but she is now ready to make you "feel the burn". Jane will be taking over Coleena's Tuesday evening live Zoom class, AND.....

VERY exciting news! We are starting a new class in Guildford(Onslow) from 15th April. The class will be every Wednesday morning 09:30-10:25am at All Saints Church Hall([map](#)). The class is live on [TeamUp](#) and we hope it will offer another option for those already

attending QEP Baptist and Onslow Scout Hut, but we would especially love to welcome new clients to the class too!

Options at your fingertips

Please don't forget that if you attend face2face classes and need to book a catch-up class, as long as you have cancelled yourself off the original class atleast 24hours in advance, then you can book a catch class. This can be **either** a face2face or live Zoom class!

Zoom invite emails

Just a reminder that if you are booked on a Zoom class, please check your junk/SPAM mailbox if you don't see the invite in your main inbox atleast 1 hour before the start of the class, just in case it's landed in there. This can happen even if you are a regular on that class, or a newbie.

****Our revised Zoom Timetable:**

DAY	TIME	VENUE	INSTRUCTOR
Monday	09:30-10:30am	Online Zoom	Lisa
Tuesday	6:30 - 7:30pm	Online Zoom	Jane
Wednesday	09:30 – 10:30am	Online Zoom	Becky
	6-7pm	Online Zoom	Lisa
Thursday	6:30 – 7:30pm	Online Zoom	Lisa
Friday	9am – 10am	Online Zoom	Anneliese
Saturday	09:15 – 10:15am	Online Zoom	Iryna

Term Dates for 2026: Face2face and Zoom classes

Term 2: Monday 13th April to Saturday 25th July.
Half Term = **NO** classes to run 25-30th May

Term 3: Monday 7th September to Saturday 19th December

Half Term = **NO** classes to run **TUESDAY 27th October** to 31st October

For future date details please see the Jessica Pilates website:

<https://www.jessicapilates.co.uk/classes/face-to-face-class-timetable/> or

<https://www.jessicapilates.co.uk/classes/online-zoom-live-class-timetable/>

Summer Series

For a number of years now, there has been a call by clients for Jessica Pilates to run some classes over August so that there isn't a big 6 week break over the Summer. These Summer Series have always been well supported, and I will again be offering classes in some form over August. More details to follow in June.

Accessing your TeamUp profile

It is very easy get confused as to where/how to access your memberships and classes, and many times clients try access these via the Jessica Pilates website. At this point they are unable to access their information and often feel "locked out". When in fact, all your details and information are held through the software TeamUp.

To access your TeamUp profile please use www.goteamup.com

Stepping into BIG shoes

When your class is covered by a different instructor, please just keep in mind it can be quite daunting covering for an instructor that is well loved and already has a relationship with the class. The cover instructors are all well trained and may present the class in a different light, but I ask that you support them and enjoy the different teaching styles.

Yours in Pilates

Nikki & instructors

