



'LOCKDOWN CLASS PASS' INFO PACK 2021

# Thank you for signing up for the pH.7 Lockdown Class Pass!

## Here's everything you need to know...

**The timetable for this lockdown period is overleaf.** There are 20 classes running across each week, in four categories:

- Bodyweight Strength
- Cardiovascular Conditioning
- Pilates/Core
- Mobility/Recovery

Each class is 45 minutes long, except for the express classes, which last for 30 mins.

**To access the classes**, text or email the relevant coach ([see right](#)), quoting the [password](#) below, and they'll send you a Zoom link. If you'd like to book [all 4 weeks in advance](#), please specify this in your message and you'll stay on the register.

To help with your New Year nutrition goals, our nutrition and lifestyle coaching programme will start on Monday. Look out for the weekly seminar times to support your progress.

**Password: Life In Balance**

### Class coaches

<b>James Hutchison</b>	<a href="mailto:ph7.lifeinbalance@gmail.com">ph7.lifeinbalance@gmail.com</a>	07581 457222
<b>Nick Palma</b>	<a href="mailto:ph7gym@gmail.com">ph7gym@gmail.com</a>	07947 459155
<b>James Lockyer</b>	<a href="mailto:james.lockyerph7@gmail.com">james.lockyerph7@gmail.com</a>	07530 045784
<b>Daisy Malin</b>	<a href="mailto:daisymalin@hotmail.co.uk">daisymalin@hotmail.co.uk</a>	07904 367804
<b>Paul Ranson</b>	<a href="mailto:paulosranson@hotmail.com">paulosranson@hotmail.com</a>	07947 277229

### Class etiquette:

- Please join classes promptly so they can start on time. If you are running slightly late, the coach will admit you from the virtual waiting room when they are able to do so. However, if you're later than 5 minutes you won't be able to join.
- Keep your microphone muted while exercising, but do feel free to ask questions.
- Choose an exercise space that offers you enough room to move safely.
- For your own comfort, make sure you have a bottle of water and a towel with you, and wear clothes that are comfortable to exercise in.
- No other equipment is required for the sessions, but if you have access to a foam roller, an exercise mat, and a broom handle, those can be useful.
- If you have any injuries or concerns about taking any of these classes, please liaise with the class coach beforehand so that they can advise.
- If you need to leave the class early for any unexpected reason, just sign off from Zoom when needed and text the coach so that they know everything is ok.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00	★ Express Conditioning James Lockyer		★ Bodyweight Strength James Hutchison		★ Express Mobility Daisy Malin		
09:00	Bodyweight Strength Nick Palma	Pilates Daisy Malin	Conditioning James Hutchison		Pilates Daisy Malin	Conditioning James Hutchison	
09:30				Conditioning James Lockyer			
10:00							★ Stretch & Core James Lockyer
12:00			Express Core Nick Palma		Express Conditioning Paul Ranson		
12:30		Express Mobility James Lockyer		Express Mobility Paul Ranson			
13:00	Express Mobility James Hutchison						
17:00					Bodyweight Strength Nick Palma		
18:00	Conditioning Flow Paul Ranson						
19:00		★ Bodyweight Strength Nick Palma	★ Mobility Daisy Malin	★ Conditioning Flow Paul Ranson			

★ = New or changed  
**JAN 2021 TIMETABLE**

**HOW DO I BOOK MY PLACE?**

To access the classes, text or email the relevant coach ([details overleaf](#)), quoting the password ([Life In Balance](#)) and they will send you a Zoom link.

If you'd like to book [all 4 weeks in advance](#), please specify this in your message & you'll stay on the register.

**CLASS TYPES:**

- CONDITIONING**
- STRENGTH**
- MOBILITY/RECOVERY**
- CORE**

