

Please share this information with your friends, family, neighbors, co-workers.

They do not have to be local!

SUPPORT EACH OTHER TO STAY STRONG & HEALTHY

Right now, it is crucial for everyone to stay active, find social connection and maintain a sense of “normal” by getting into a routine or getting back to your routine. This alleviates feelings of isolation, anxiety, and stress. We, as health and wellness experts have the distinct advantage to make a great impact for our community and the world at large.

This is why we have switched to ZOOM, an on-line, easily accessible platform where you can take your favorite Pilates Plus classes right from the comfort of your home. See the easy steps below.

It is imperative, now more than ever, to uplift your mind, body & spirit.

Each person taking responsibility for their health & wellness helps the whole.

PERKS of ON-LINE ZOOM CLASSES:

- Accessibility/ Log in anywhere, from any state, country, phone, tablet, ipad, computer easily with a provided Zoom link
- No equipment needed
- Create time for just you/Self Care/STRESS RELIEF/Balance/Harmony
- No class size limits/No waitlists
- Stay healthy/See & feel results/Lose weight/prevent weight gain
- Be with like-minded individuals/Understanding community
- Time-saving/No travel time
- Workout in whatever you want/Feel comfortable inside your home surroundings
- Access to an expert
- Motivation & Accountability
- Affordability
- Communication
- THINK OUTSIDE THE BOX
 - We can create a special Zoom class (Pilates/Tabata/Meditation/Stretching/Energy Balancing) for just your group

ZOOM EASY STEPS:

1. Sign up for class. www.pilatesmindbody.com or www.wellnessliving.com/signup/pilatesplus
2. In your booking and reminder emails/texts, you will receive your special Zoom link
3. First Time Users: Click link 10-15 minutes prior to class time. Zoom (free) will download. Easily enter your info
 - a. Not your first time? Click link 5 minutes prior to class.
4. Enjoy Class
5. Rinse & Repeat

BIGGEST BONUS: Helping support a small, family run business. Allowing us to be here in the future, so our style of wellness continues to benefit others.

We have dedicated ourselves to presenting Free mini live-stream workouts during this Pandemic for those of you who need it: Facebook and Instagram. Pilatesplussch (Pilates Plus of Schaumburg) Susan Swanson. Donate button will be available to help support in whatever way you can. Your continued support is extremely appreciated. Together we stay strong, healthy & united!