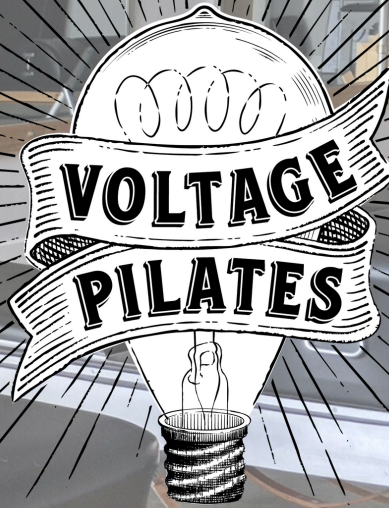


# VIRTUAL

## studio guide



**For any questions or concerns, please contact us!**

**Lindsey & General Inquiries**

812.350.1009 | [Lindsey@VoltagePilates.com](mailto:Lindsey@VoltagePilates.com)

**Laurel**

317.847.1246 | [Laurel@VoltagePilates.com](mailto:Laurel@VoltagePilates.com)

**Austin**

502.876.7916



# PRIVATE LESSONS

\$60

Using the mat and whatever else you may happen to have at home, these private lessons offer the same individualization and teaching depth you expect from us.

Sign up online through our MindBody software.

You may either use your normal package or purchase a single online private lesson for \$60. A link will be sent to your email to connect with your teacher during your lesson time. See the "Connecting with Us" page for step-by-step details on how easy it is.



# LIVE ONLINE CLASSES

**\$10**

The Mat is an invigorating and brilliantly sequenced workout designed by Joe to be done at home. You likely already know many of the exercises from your usual classes; take this opportunity to dive deeper in a 45-minute class.

These classes are hosted online through Zoom.

Sign up for the class you'd like to take online through our MindBody software as usual. You will be emailed a link when your teacher sees you have registered. On Zoom, you can see and hear your teacher, and your teacher can see and hear you!

As always, we limit the number of participants in mat classes to 6 people to ensure personal attention.



# LIVE ONLINE CLASSES

**Live Online Mat Class:** An open level class that sets up foundations and offers more challenging variations when you're ready

**Live Online Advanced Mat Class:** A fast-paced workout for strong and experienced students

**Live Online Mat and Movement Class:** Perfect for those looking to build strength, awareness, and mobility in a gentle and accessible format

**Live Online Pilates for Kids:** FREE! Let Laurel, mom of 5, help you give your kids a physical outlet in this fun (and probably a little silly) class



# *Video Series*

SINGLE | \$12

3 VIDEOS | \$25

Get stronger, deepen your technique, and work out on your own time with these themed and thoughtful pre-recorded workouts. Three new workouts are released each week.

1. Go to [VoltagePilates.com](http://VoltagePilates.com) and click Book Now button. This will take you to our scheduling and purchasing software, MindBody.
2. Click the Online Store tab and choose Video Series from the dropdown menu to make your purchase.
3. Once you've made your purchase, you can visit [VoltagePilates.com/VideoSeries](http://VoltagePilates.com/VideoSeries) to make your selections. Just submit the form below the video(s) you would like.



# CONNECTING

With Us

## **Using Your Laptop**

Click the link sent to your email inbox. You may be asked if you'd like to allow Zoom or the Zoom installer package. Allow it for a quick download.

From there, a video screen will open and you're ready to start!

## **Using Your Phone or Tablet**

Download the Zoom Cloud Meetings app.

When you're ready for your session, click the link sent to your email. It may prompt you to enter the meeting number included in your email. The video screen will open and your workout can begin!



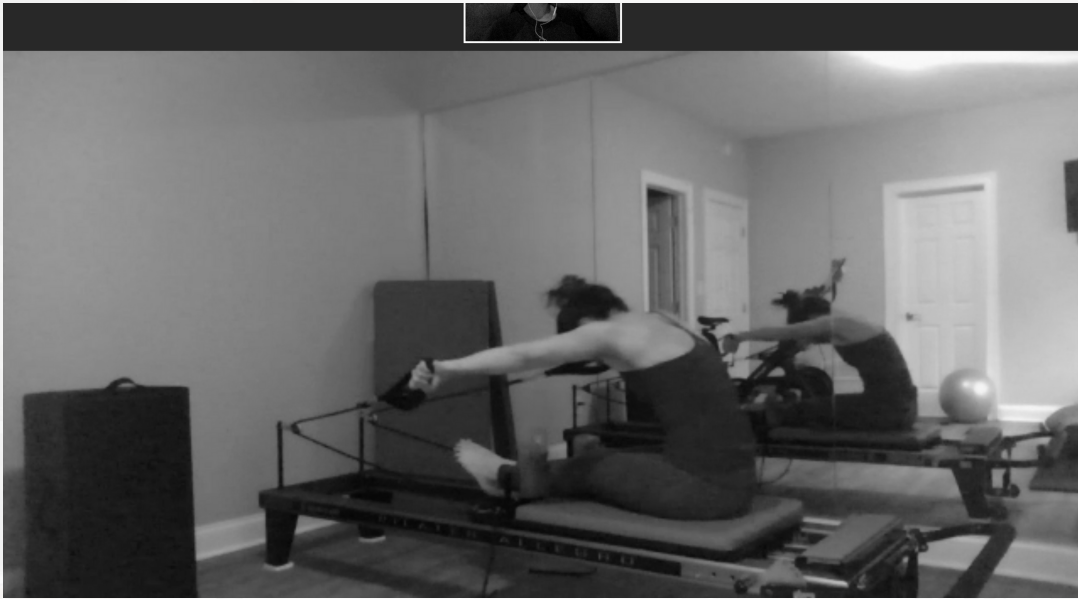
# CONNECTING WITH US

## Setting Up Your Camera

There is no single perfect angle, so don't worry too much. Please make sure your teacher can see your entire body and you are close enough to the camera that you fill much of the frame. It's okay if your torso is cut off when standing. Your teacher will let you know if they would like any camera adjustments. Below are two examples of different but equally good camera angles.

# CONNECTING WITH US

## Camera Angle Examples







# Thank You

FOR SUPPORTING OUR SMALL  
BUSINESS DURING THIS TIME BY  
ALLOWING US TO CONTINUE  
HELPING YOU STAY STRONG AND  
SANE

YOU ARE ALL SO VERY  
APPRECIATED