



**PS I love you Fundraising Campaign  
Fletcher Fusion™ Schedule**  
Monday, June 29 to Sunday, August 16, 2020

Sign up [Online](#) then you'll receive an auto-email confirmation with Zoom links, meeting ID and password.  
[Download Zoom](#) to your computer or device in advance and create your own Zoom account.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>9 am</b> Jean-Charles Starts June 30		<b>9 am</b> Anne Starts July 2			
	.		.			
<b>11 am</b> Jacqueline Starts June 29	.	<b>11 am</b> Cathy Starts July 1	.	<b>11 am</b> Mary Catherine Starts July 3	<b>11 am</b> Jane Starts July 4	<b>11am</b> Jenn Starts July 5
	.		.			
	<b>7 pm</b> Charlie Starts June 30		<b>5 pm</b> Kim Starts July 2			

Virtual classes will be extended until August 16 as part of the **PS I love you** fundraising campaign. More love coming your way!

Our financial goal for May was achieved and we're on track to meet our June goal. THANK YOU so much for your generous donations! Our July goal is \$7500 which is approximately 75% of our operating expenses even though we're closed. The funds raised will ensure our brick and mortar studio re-opens after the COVID-19 pandemic.

We are truly grateful for any amount you can donate to our campaign. **Please consider a \$100 minimum donation for this 7 week session.** If you've already donated or if you're not in the position to donate at this time, please participate in these virtual classes regardless. We MUST keep our bodies moving and stay connected, now more than ever.

We are also offering workshops that will help calm your nervous system and aid with emotional stress. MELT with Mary Catherine Jack on Monday, June 29 and Fascial Dog Review with Heather Cairns to name a few. Stay tuned for more details in our next newsletter or sign-up in MindBody Online in the Workshops tab!

If you have any issues signing up to take a class, email us at [info@pilatespace.com](mailto:info@pilatespace.com) and we're happy to help.

Looking forward to seeing you at our virtual studio!

Jacqueline, Charlie & the Pilates Space team

## HOW TO DONATE

1. [1 time donation](#)
2. [Donation over 4 months](#)
3. eTransfer to [info@PilatesSpace.com](mailto:info@PilatesSpace.com) – password: Pilates2020

We will proudly hang a commemorative frame in our studio to acknowledge your total individual contributions with your name or anonymously under the following tiers.

**PS I love you** Spine Corrector: donations \$10-\$150

**PS I love you** Wunda Chairs: donations \$200-\$300

**PS I love you** Reformers: donations \$500-\$750

**PS I love you** Cadillac: \$1000 +

## VIRTUAL STUDIO INFO

**NEW TO PILATES SPACE** or haven't been in a while, please fill out our [CLIENT FORM](#)

Remember to [Opt-in to receive our newsletters](#)

**WHO** Classes are suitable for all. Pilates experience is ideal but not necessary. We want to reach out and keep people moving together. If you have a friend or family member who has wanted to try Pilates, forward them this newsletter and have them join you for class. If you're used to Private, Duet or Equipment classes, come experience the Fletcher Fusion classes and learn from all the teachers.

**SET UP** Set up your screen where you have enough space to move standing and on the floor. Make sure your sound and video are ON. The teacher will mute all participants once the class has started. Choose "Speaker View" to enlarge the teacher's image. You can also hover over the teacher's image and pin video so the teacher's image remains on your screen.

**WHAT YOU NEED** Have a mat in place for Matwork/Floorwork. If you have a red Fletcher towel, get it ready, and if not, no worries. Roll up a towel, use a bathrobe belt or long scarf. Something that you can hold, double your shoulder width with a bit of stretch. Don't use a theraband, it's too stretchy.

**REMINDER** For best results, work out of your comfort zone but never work through pain. Every day is different and the best approach to your body is to be kind to yourself and respect your limitations. Remember to have fun!

**DISCLAIMER** By joining these online classes you declare that you are in good health. You fully accept and assume all responsibility for injury or damage that may result from your participation in the class. You release Pilates Space and teachers, of all injury or damages arising from the activity to the fullest extent permitted by law.