

Jumpboard Playtime!

A **face to face** workshop with

Jacquie Biggs



Body Control Pilates Centre London

Friday June 6th 2025

1pm – 3.30pm

£80 (Academy £72, Academy Plus £68)

Early Bird: book before May 7th for just £72 (Academy £65)

CPD: A15

This very practical workshop looks at how to use the Jumpboard effectively as an addition to your and your clients' Pilates practice.

Building on your Reformer technique, the Jumpboard helps you to connect with your feet, find power through your legs, and adds a little cardio to your workout. Whether creating your own Jumpboard class or incorporating the Jumpboard into your private sessions, this workshop will provide you with the exercises and tools you need and give you plenty of ideas to add straight into your next Reformer session.

You must hold a recognised Reformer qualification to attend this workshop.

ABOUT JACQUIE

Jacquie had a successful career as a professional dancer and choreographer in London's West End and in numerous productions around the world. She was introduced to Pilates during her dance career and immediately felt the benefits to her strength, flexibility, control and posture. Jacquie trained with Body Control Pilates in 2009 and has taught Matwork, Reformer and Tower classes in numerous studios

around London. She now teaches group classes and private sessions (matwork and equipment) at the Body Control Pilates Centre, is a supervising teacher for matwork students and is a member of the Body Control Pilates tutor team, teaching and assessing on Reformer courses. Jackie encourages her clients to move, helping them to build strength, control and fluidity whilst guiding them to find an ease and joy of movement.

To book:

Card, Education Season Ticket, Credit

If you want to use pay by card, Education Season Ticket, or any other credit that you have, please call the team on 020 7636 8900 (weekdays, ideally between 10am and 4pm) or drop an email to info@bodycontrolpilates.com

Bank

Please make payment by transfer (please give 'JB' as the reference) to:

Body Control Pilates Academy

Lloyds Bank

30-90-89

47783568

Body Control Pilates Academy

Lloyds Bank, Blackheath, London

IBAN: GB88 LOYD 3090 8947 7835 68

BIC: LOYDGB21125

Paypal

You can also pay by card with **PayPal** by going to www.paypal.com and entering the email address sarahb@bodycontrol.co.uk – click on 'Goods and Services' and you can pay by debit or credit card. This will come through to our Academy account. Please give 'JB' as reference.