

# Jumpboard Playtime!

A **face to face** workshop with

## Jacque Biggs



## Body Control Pilates Centre London

**Friday June 26<sup>th</sup> 2026**

12.30pm – 3pm

**£90 (Academy £81, Academy Plus £76.50)**

**Early Bird: book by May 29<sup>th</sup> for £80 (Academy £72)**

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

Jacque 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 Reformer group classes and private sessions (matwork and equipment) at the Body Control Pilates Centre and is a member of the Body Control Pilates studio equipment tutor team. Jacquie is also an assessor for Reformer exams.

Jacque encourages her clients to move, helping them to build strength, control and fluidity whilst guiding them to find an ease and joy of movement.