

FITNESS CLASSES AT THE BEACON HALL

The last in-venue Dance Fitness class took place in the hall on 16th March 2020. Pilates Matwork and the Seated / Standing Pilates class closed at the same time.

Classes moved onto Zoom and have continued to be enjoyed by many regular participants as well as a few new ones. The transition to Zoom was not without its difficulties but things mostly run smoothly now. It as been a privilege to help my students maintain their fitness levels during lock down.

Pilates Matwork was able to return to the Beacon Hall in October 2020 for four brief weeks. This return was facilitated by an amazing effort on the part of the Parish Council and Trace Edge who considered mountains of documentation and put extensive measures in place to ensure that classes could run in a Covid Safe manner.

Indoor group exercise classes at scheduled to be permitted to re-start on May 17th - all being well. The Parish Council will continue to work with hirers to ensure that fitness activities at The Beacon Hall can be enjoyed safely and with confidence by the local community.



Gabrielle Stanley and Artemis

