

Review –

After quite some time of thinking about it I, jumped in and tried out Lee Hopkins (Centre of Balance) rebalance class.

I was very nervous, and this is what has held me back to trying it before, as after many years of strength training my flexibility and range of movement had become very poor.

Also, I had not used online platforms before to try these types of classes and therefore was not sure how it would work. Being slightly sceptical of technology and worried my very stiff body would hold me back in the class I took the plunge logged into zoom.

As soon as it connected (a few seconds) I was warmly greeted just as you would be face-to-face with the other classmates there smiling and waving already to start.

What was different from other classes I have attended was it was so calm and free from chaos.

A music playlist had been thoughtfully compiled to accompany the class (optional to use) and therefore once started it was no different to being in a class environment.

Lee was really attentive making sure that everyone was following the instructions correctly and he explains things extremely well using different styles of demonstration to ensure everyone knew what they were doing and that everyone understood how it should feel, how to readjust if needed and how the movement was positively affecting our bodies.

After only seconds into the class, I could feel the benefits - using resistance bands and foam rollers to aid flexibility, calm my mind and feel relaxed.

It's not only left me feeling 'longer', 'free' and 'rebalance', but also refreshed, relaxed and calm.

It has also introduced me into new and more beneficial ways to use the roller and bands to their full effect.

I will certainly join the class again and try Lee's other classes.

Lee's wealth of knowledge and experience in delivering classes really radiates through. You are in very safe and professional hands and I felt very comfortable and well guided throughout. If you have a question you can still ask during the session and Lee ensured everyone was following the moves in a safe and effective manner.

I thoroughly recommend it for all abilities, and if being online or something that holds you back please don't fear as it was very easy to login in.

After a long day's work, sat at a desk, it is nice to know you don't have to drive anywhere, tackle traffic or join a long queue to a class as everything is set up on the comfort of your own home.

Just an observation –

On reflection, Lee probably has a better angle to view the class members as each person is sitting in front or alongside the screen . making the online classes safer, compared to a class where it is hard to see everyone.