

# Frequently Asked Questions

## ***Are the classes suitable for beginners?***

Yes absolutely! When you workout online you are in the comfort of your own home. You can do as much or as little as you like. You can dial the intensity up or down. You can modify or change the moves. I would encourage you to try a little bit of everything to find what you enjoy.

## ***What if I haven't exercised in ages?***

Don't worry about it. Online is the perfect place to build up your fitness and your strength in your own time. Come to class, do 5 or 10 minutes and then add on the next time you come. Or choose on demand and do as much or as little as you like and build up your strength and fitness in the comfort of your own home.

## ***What if I can't make the live classes on the timetable?***

We record our classes live so you get that live experience when you do the class on demand. And you can do our classes wherever and whenever you suits you. Full flexibility, full convenience!

## ***How long are the classes?***

Our live classes are usually 20-30 minutes long. On demand we have even shorter classes from 3 minutes or longer ones up to an hour. You can even bolt the short workouts together, it's up to you.

## ***How many classes should I do a week?***

If you are new to exercise we recommend doing 3 classes as week. Then it's completely up to you based on your goals and how many you want to do!



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## ***How much time do I need?***

You can fit the classes in around your lifestyle. That's the beauty of working out online! Zumba while dinner's in the oven or do a combat class while you wait in for a delivery. We are ready and waiting whenever you have a spare moment!

## ***What do I need to wear for an online class?***

You can wear whatever you like. Lots of our members come to the 06:30 classes in their PJ's. You come into the class with your camera off and it's up to you if you want to switch it on or not. It's a place of non-judgement and you can wear whatever you like to do our classes!

## ***What equipment do I need to get started?***

You don't need anything at all to get started. We do have some equipment-based classes but the majority of classes have no equipment at all, so there's no reason not to get started!

## ***How much space do I need for an online class?***

Barely any space! Enough space to roll out a mat is all you need.

## ***Do I need to have my camera on?***

When you join a class, your camera will be off and you can choose whether to turn it on or not.

## ***Can I manage the technology?***

You can access the classes from any device with a web browser ( eg smart phone, tablet, laptop, smart TV). The live classes require you to be logged into zoom. We will give you easy to follow instructions and offer any support that you may need. It's all super simple.

## ***Can I get the classes on the TV?***

Yes! You can use a smart TV or a simple HDMI cable to link your device to the TV. We will offer you any support required.



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## ***Will I miss seeing people face to face in class?***

Our fitness family is so special and unique. You will be able to see fellow members working out in our live classes so you will have that face to face feel but all of the convenience of working out online. We all share our ideas and experiences in our Facebook group and you can be as active in the community as you like.

## ***Will the classes stretch me if I'm already quite fit?***

We cater for all fitness levels. We have high intensity classes and options for you so continually make progress. We also have regular squad challenges to put you through your paces.

## ***Am I too old?***

We have members from their teens to their 80's! Everyone is welcome at Lorna Marie Fitness!

## ***Will I know what classes to do?***

We love to get to know our members so we will be able to advise you on where to start. Longer term we encourage you to give all of the classes a try so you can find the classes that you really enjoy!

## ***I don't want to jump around. Are there low impact options?***

There are low impact options for every class and also some classes that are purely low impact. So every class will be accessible to you.

## ***I have a niggle in my xxx, is it safe to exercise?***

As long as your medical professional has signed you off to exercise, you are good to go. Please share any details with us so we can offer you guidance and options. We are always here to support our members, just get in touch!



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## ***I'm not very confident in my pelvic floor. Can I exercise?***

This is a common concern and a big benefit of working out at home. You can explore the exercises that you feel comfortable doing, safe in the knowledge that you are in the privacy of your own home and you can tend to your needs or pause the class (if it's on demand). There are low impact options for all classes and you can be reassured that working out will improve your core and in turn improve your pelvic floor stability and strength. You can also contact us if you need more guidance of course.

## ***I am planning to get pregnant, pregnant, post partum. Can I exercise?***

Lorna is Level 3 Pre & Post Natal qualified and will give you help and guidance where she can of course! We also have a little pre & post natal section on the site to give you exercise and nutrition tips through each trimester (and post-natally). As always though, please make sure you're taking advice from a health care professional during this time.

## ***Is there a nutritional element?***

Yes! We provide education, resources, guidance and peer support so you can confidently make good decisions & effectively meal plan. We focus on nourishing & nutrient dense foods without cutting out any food groups. We believe that no matter where you are in your fitness or health journey you should always be able to have a little bit of every food type, without over restriction. We even delve deeper into detail in our Q&A sessions.

## ***Does it matter that I am going away?***

You can take us away with you! We have members working out on holiday all over the world! It can be a great way to give you some alone time and focus not to mention helping with any holiday digestion issues! If exercise on holiday isn't appealing, however gentle it may be - we have a nutritional, coaching and lots of fun in our fitness family. All great reasons to jump onboard.

## ***Does it matter that I have a few commitments already in my diary?***

We will always have commitments, that's part of having a fulfilling life. We will show you how to fit fitness and a focus on your health & wellbeing into your schedule, however busy you are.

## ***Is the payment secure?***

We use a recognised and secure payment system called Stripe. All payments and details are held securely.

<https://lornamariefitness.co.uk/>