

ONLINE : What else?

Does it really works to follow an ONLINE class ?

The advantage with ROLLNESS® ONLINE is that the class is LIVE. You are not just following a video. You have your own private coach in live connection just with you. You ask her questions. She follows your pace, your goals. It is SIMPLE.

I always have things to do home. How can I find time ?

Your session is planned. You have reserved a rendez-vous from your home, with yourself, or from your business at lunch time, just like when you make an appointment with anyone else. It's a simple organization, that in addition makes you GAIN TIME because you don't have to drive somewhere, you don't have to park or prepare yourself to go out.

How long is the class ?

You choose your availability, your desire. The class can be anytime between 30 to 50 minutes. You can even decide at the last moment your timing, as the price is the same whether you choose a 30 or 50 minutes class.

What I like when I go in a gym, is that I meet people and am not alone.

You can also meet others with ROLLNESS® ONLINE with skype in visio conference, you can be several doing the class with training friends living in different cities, or even countries !!

I know nothing about ONLINE technology ! How can I do it ?

Nothing is more simple ! Just have an internet connection. You download the last SKYPE version (you can find it thru Google search) on your computer or tablet. You create your address to be contacted, it can be your name. And you send me an email at rollnessonline@gmail.com then I will propose you a FREE first session.

What are the advantages over a regular gym class in a club ?

The advantages are numerous ! You GAIN TIME AND CONFORT because you are in your sweet home or in your office. You have your own private coach LIVE answering to all your questions. Your postures are corrected. Your program is personalized on the day you take the class. You can choose to do the class with a group or solo. You can meet other training friends from different cities who have the same sportive interests. Your coach adapts the time you have and the way you feels.