

# Newsletter

## Apr-May 2018

Last week of this current course ~ w/e 19/3. Then no classes until w/c 9/4 as Easter fortnight.

### ● APR - MAY 2018

#### **Monday – 9<sup>th</sup> Apr – 21<sup>st</sup> May ~ 6 weeks @ £51 (not 7<sup>th</sup> May as bank hols)**

- ♥ U3A The Maltings 10-11am and 11-12am Pilates (must be a U3A member) (Gill)  
(Ask for U3A class pricing)
- ♥ Phyllis Tuckwell Hospice 6.00-7.00pm Pilates (Instructor – Kay)
- ♥ Grayshott Village Hall 6.00-7.00pm Pilates (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm Pilates (Instructor – John)

#### **Tuesday – 10<sup>th</sup> Apr – 22<sup>nd</sup> May ~ 7 weeks @ £59.50**

- ♥ Milford Village Hall 9.45-10.45am Pilates (Instructor – Gill)
- ♥ U3A The Maltings 11.30-12.30am Pilates (must be a U3A member) (Gill)  
(Ask for U3A class pricing)

#### **Wednesday – 11<sup>th</sup> Apr – 23<sup>rd</sup> May ~ 7 weeks @ £59.50**

- ♥ St Joan's Centre 10.30-11.30am Pilates (Instructor – Christine)
- ♥ St Joan's Centre 11.45-12.45pm Pilates (Instructor – Christine)
- ♥ Bramley Village Hall 10.30-12.00pm Over 60's Keep-fit (Instructor – Kay)
- ♥ Grayshott village Hall 6.00-7.00pm Pilates (Instructor – Christine)
- ♥ Beacon Hill School 6.15-7.15pm Pilates (Instructor – Gill)

#### **Thursday – 12<sup>th</sup> Apr ~ 24<sup>th</sup> May ~ 7 weeks @ £59.50**

- ♥ Frensham British Legion 10.00-11.00am Pilates (Instructor – Gill)
- ♥ Elstead Village Hall 6.25-7.25pm Pilates (Instructor – Gill)

(No classes 28<sup>th</sup> May – 1<sup>st</sup> June as half term/bank hols – resume w/c 4<sup>th</sup> June)

If you are NOT going to attend this course please let me know it does affect my class numbers.

So I will assume that you ARE attending the course and will pay the full amount - thank you!

### ● PRICES

\* Block booking – 6 weeks @ £51. If attending 2 classes per week = £93.50 (little discount)

7 weeks @ £59.50. If attending 2 classes per week = £110.50

\* Pay As You Go - £10

#### **Block Booking**

The price will be applied if you pay for a course which gives you a little discount and secures your place on that course and is payable in full before the start of the course.

#### **Pay As You Go**

If you know in advance that you are likely to miss 2 weeks or more there's the possibility of attending on a Pay As You Go basis which you will pay £10.00 for each class that you attend during the course. This arrangement must be agreed with me in advance of the start of any course please.

#### **Making Up a Missed Class**

If you have paid for the course and miss a class you are welcome to make it up by attending another class (subject to a place being available) **during the period of that course only**. It is not something that you are able to carry over into the next course.

**Payment** can be made by cheque, cash or t'internet my bank details are:

Ms G Y Keitch Sort code: 08-93-00 Account no: 03071379 Reference: your name

## ● RELUCTANT GLUTES

As mentioned in the last newsletter some people find it very difficult to contract their glutes (big sitting muscles, the biggest muscles in our body and should be nice and strong) they can be rather reluctant.

And, different positions might be easier/more difficult to contract them. Some prefer standing with knees slightly bent, others on their backs knees bent others on their front.

A shoulder bridge can be a good position, relax first then focus on just contracting your glutes, keep them squeezed and tilt your pelvis (keeping glutes squeezed) and lift a little off into a mini shoulder bridge. Stop at the top and check that your glutes are contracted then come back down for the bridge focusing on keeping them right until your bottom lands.

Don't lift up into a full bridge initially it is much more difficult to keep a hold on those glutes!

For more info or any exercises to try at home just let me now.

Some back issues can be exacerbated by reluctant glutes as the back muscles are trying to do their job!

## ● WEBSITE

Reminder that my email and website have had to be changed. [www.fitforlifeforyou.com](http://www.fitforlifeforyou.com)  
To check the time/venue/dates/maps/newsletters etc. – view it the on website

## ● MASSAGE, FACIALS AND OTHER LOVELY THINGS

### Massages:

[Natural Beauty](http://www.naturalbeautyfarnham.co.uk) at Farnham Sports Centre [www.naturalbeautyfarnham.co.uk](http://www.naturalbeautyfarnham.co.uk) Kay Wardle – Sports Massage - she comes to you. 07960 759 365 / [activeseniors@hotmail.com](mailto:activeseniors@hotmail.com)

### Hairdos:

Have a lovely hairdo from [Michelle Renee](http://www.michellerenee.co.uk/) Elstead - <http://www.michellerenee.co.uk/>  
01252 703183

### Bowen Technique:

The Bowen Technique is a fascia release therapy. Our fascia surrounds muscles, ligaments, tendons, nerves and internal organs. Bowen is gentle yet effective and suitable for all ages. Best known for muscular/back pain and injury but also effective for digestive, hormonal problems, migraines, respiratory issues, stress, posture, pregnancy support and more. For more information [www.bowen-technique.com](http://www.bowen-technique.com) or call Maxine on 07930 882586. Elstead area.  
Or for Grayshott area Janet Newman 01428 712846.

### Class Equipment

Blue blocks - £4.50 Purple Blocks - £5.35 Bands - £3.50 Balls (7inch) - £4.50

Mats three links - <http://www.tesco.com/groceries/product/details/?id=279400733> or <http://www.amazon.co.uk>  
and search for thick cushioned yoga & Pilates mat yoga mat or [http://www.amazon.co.uk/FITNESS-GEAR-thick-pilates-carry/dp/B004X61Y8O/ref=sr\\_1\\_13?ie=UTF8&qid=1378205381&sr=8-13&keywords=yoga+mats](http://www.amazon.co.uk/FITNESS-GEAR-thick-pilates-carry/dp/B004X61Y8O/ref=sr_1_13?ie=UTF8&qid=1378205381&sr=8-13&keywords=yoga+mats)

**Mat straps** to carry your mat to class, Jeff, who attends Elstead class is making some up so if you'd like one just let me know. £4.00.

## ● WHATS IN THE BASKET?

- ♥ Face/body cremes, perfume, aftershave fragrance, and lovely creamy avocado soap – good gift ideas. Ask for product brochure or look online [www.flp.com](http://www.flp.com)  
(do order through me though as you will be charged for delivery)

Gill Keitch ~ 07887 570 935 ~ [gill@fitforlifeforyou.com](mailto:gill@fitforlifeforyou.com) ~ [www.fitforlifeforyou.com](http://www.fitforlifeforyou.com)