

Newsletter

APR - MAY 2019

Last class for this current term w/c 8th April 2019.

No classes from 15 – 26 April as Easter break.

● APR - MAY 2019

Monday – 29th Apr - 20th May ~ 3 weeks @ £25.50 (no class 6th May as bank holiday)

- ♥ U3A The Maltings 9.50-10.50am & 11-12pm (must be a U3A member) (Gill)
(Ask for U3A class pricing)
- ♥ Grayshott Village Hall 6.00-7.00pm (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm (Instructor – John)

Tuesday – 30th Apr – 21st May ~ 4 weeks @ £34

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

Wednesday – 1st May – 22nd May Apr ~ 4 weeks @ £34

- ♥ St Joan's Centre 10.30-11.30am (Instructor – Christine)
- ♥ St Joan's Centre 11.45-12.45pm (Instructor – Christine)
- ♥ Grayshott village Hall 6.00-7.00pm (Instructor – Christine)
- ♥ Beacon Hill School 6.15-7.15pm (Instructor – Gill)

Thursday – 2nd May – 23rd May ~ 4 weeks @ £34

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

(No classes 27-31 May as bank holiday. Resume w/c 3rd 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 – Mondays - 3 weeks @ £25.50 / 4 weeks @ £34.

* Pay As You Go – I usually apply a £40 minimum payment but as this term is a little short due to Easter. There will be a £20 minimum paygo payment, for this term only. This gives you 2 classes during this term, thereafter any additional classes that you attend during the term is charged at £10 per additional class.

Block Booking

The price for that term when 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

See paygo above.

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

● POSSIBLE NEW CLASS

I am considering starting a new class in the South Farnham/Lower Bourne/Frensham kind of area on a Tuesday morning. If this is of interest to you or, you know someone who might be interested please let me know.

● PILATES TIPS

Counteract all that leaning forward 'stuff' we do in our daily lives, computer, phone, iPad, cooking, housework, gardening, stroking the cat – it's all head down, hunched forward with a rounded hunched back – not good for our posture, breathing or digestion.

As always, stand, sit tall with a long spine (not straining to keep it so). Keeping tops of shoulders down away from ears, keep a long neck, chin slightly tucked rather than jutting forward and shortening the back of your neck (check yourself when driving for this). And draw shoulder blades slightly towards each other and slightly down. Notice if you find your shoulder joints creeping forward, back rounding, sinking into your spine, losing your neck in your collar bones – we all do it! The more we notice and correct it the more common place it becomes, but we know it isn't easy!

● WEBSITE

Reminder that my email and website have had to be changed. 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 at Farnham Sports Centre www.naturalbeautyfarnham.co.uk

Kay Wardle – Sports Massage - she comes to you. 07960 759 365 / activeseniors@hotmail.com

Hairdos:

Have a lovely hairdo from Michelle Renee 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 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/B004X61Y80/ref=sr_1_13?ie=UTF8&qid=1378205381&sr=8-13&keywords=yoga+mats

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