

# Newsletter

## FEB- APR 2019

Last class for this current term w/c 11<sup>th</sup> February 2019.

No classes from 18-22 February as half term.

### ● FEB-APR 2019

#### **Monday – 25<sup>th</sup> Feb - 8<sup>th</sup> Apr ~ 7 weeks @ £59.50**

- ♥ U3A The Maltings 9.50-10.50am and 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 – 26<sup>th</sup> Feb – 9<sup>th</sup> Apr ~ 7 weeks @ £59.50**

- ♥ 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 – 27<sup>th</sup> Feb – 10<sup>th</sup> Apr ~ 7 weeks @ £59.50**

- ♥ 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 – 28<sup>th</sup> Feb ~ 11<sup>th</sup> Apr ~ 7 weeks @ £59.50**

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

(No classes 15<sup>th</sup> – 26<sup>th</sup> April as Easter. Resume w/c 29<sup>th</sup> April.

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

\* Pay As You Go – Minimum payment of £40, payable in Week 1. This gives you 4 classes during that term, thereafter any additional classes that you attend during that 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**

Minimum payment of £40, payable in Week 1. This gives you 4 classes in that term, thereafter any classes attended during that term is charged at £10 per additional class.

#### **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 January 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

Tight neck/shoulder area?

Notice if you carry a handbag/laptop bag/rucksack always on the same shoulder.

Ladies, check that your bra strap hasn't worked loose, it might need tightening. We may well hunch our shoulders up to stop the bra strap slipping off our shoulders.

Do you use a mouse/landline/mobile phone always in the same hand. Check that shoulder isn't hunched up or creeping forward.

Being more dominant on one side, mostly dominant right handers, using that arm/shoulder more than the left.

Sitting leaning an elbow on arm the rest of a sofa/chair/car central console.

As often as you can in your day, draw tops of shoulders down away from ears, shoulder blade down back and slightly towards each other. Keep back if neck long, not jutting chin forward (especially when driving). Keep neck, spine & waist as long/tall as possible but without straining to hold it so.

Have a massage to release neck & upper back tops of shoulders.

## ● 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 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 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/B004X61Y80/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/B004X61Y80/ref=sr_1_13?ie=UTF8&qid=1378205381&sr=8-13&keywords=yoga+mats)

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