

# Newsletter

## Feb - Mar 2020

Last class for this current term w/c 10<sup>th</sup> February 2020.  
No classes 17-20 Feb as half term.

### ● FEB-MAR 2020

#### Monday – 24<sup>th</sup> Feb – 30<sup>th</sup> Mar ~ 6 weeks @ £54

- ♥ 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 – 25<sup>th</sup> Feb – 31<sup>st</sup> Mar ~ 6 weeks @ £54

- ♥ 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 – 26<sup>th</sup> Feb – 1<sup>st</sup> Apr ~ 6 weeks @ £54

- ♥ 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 – 27<sup>th</sup> Feb – 2<sup>nd</sup> Apr ~ 6 weeks @ £54

- ♥ Frensham British Legion 10.00-11.00am (Instructor – Gill)
- ♥ **NEW Milford Village Hall** 1.30-2.30pm (Instructor – Gill)
- ♥ **NEW Beacon Hill School** 6.30-7.30pm (Instructor – Gill)

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 @ £54 .If attending 2 classes per week = £99.00

\* Flexi-deal (previously known as Pay As You Go) – Minimum payment of £45, payable in Week 1.  
This gives you 4 classes in that term, thereafter any additional classes attended during that term is charged at £11.25 per class.

There is **NO** option to attend as and when just paying £10 (£11.25). This stopped in June 2018!

#### **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.

#### **Flexi-deal (previously known as Pay As You Go)**

Minimum payment of £45, payable in Week 1. This gives you 4 classes in that term, thereafter any additional classes attended during that term is charged at £11.25 per class. This gives you a degree of flexibility within a term where you are unable to attend and block pay for the whole term.

## **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

## ● **PILATES TIPS**

Do you find yourself all scrunched and hunched up in your winter scarfs & coats? Try to stand tall as much as possible, keeping long back of the neck, think – no creases in back of neck, maybe tuck the chin a little. Open across collar bones, draw shoulder blades slightly toward each other and down. Keep a long spine but not straining to do so. And breathe!

And, when driving feel back of head and shoulder blades on back of car seat, so easy to slump into seat and maybe have chin jutting forward.

## ● **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/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)

### **Lovely Aloe Vera Products for fighting winter bugs:**

\*Aloe Drink ~ soothes digestive, bronchial & urinary tract - £22.27 1L

\*Aloe Hand Sanitizer (handbag size) keep hands germ free whilst on the go - £3.64

\* Bee Propolis – used by bees to clean their hives – has good anti-viral & anti-bacterial properties - £28.10 (also available are Royal Jelly, Honey and Bee Pollen)

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