

Newsletter

JAN - FEB 2019

Last class for this current term w/c 10th December 2018.

No classes from 17th December to 4th January, resume w/c 7th January 2019.

● JAN-FEB 2019

Monday – 7th Jan - 11th Feb ~ 6 weeks @ £51.00

- ♥ 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 – 8th Jan – 12th Feb ~ 6 weeks @ £51.00

- ♥ 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 – 9th Jan – 13th Feb ~ 6 weeks @ £51.00

- ♥ 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 – 10th Jan ~ 14th Feb ~ 6 weeks @ £51.00

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

(No classes 18th Jan – 22nd Feb for half term week – resume w/c 25th February 2019!)

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 @ £51.00. If attending 2 classes per week = £93.50.

* 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

As we approach winter it is tempting to slump into our coats, hunch up shoulder in scarves and jumpers and forget about our good posture. Think how Dame Dacie darling would stand, nice and tall (without straining to keep that length). Lengthen up from heels to crown of head without tipping head back, keep eyes on the horizon. Having a little tuck of the chin if needs be.

Keep pelvis level and spine nice and long, trying to draw shoulder blades slightly towards each other and slightly down (without leaning upper body backwards), keeping length across your collar bones.

Try to do a few mobilising moves over the Christmas break – circle shoulder / wrists / thumbs/ ankles. A few twists and maybe a few back stretches or rolldowns most days.

● 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

● WHATS IN THE BASKET?

- ♥ Lovely Aloe Vera based products - Face/body cremes, perfume (for men and women), aftershave fragrance, and lovely creamy avocado soap – good Christmas gift ideas.★
Ask for product brochure or look online www.flp.com
(do order through me though as you will be charged for delivery)

Gill Keitch ~ 07887 570 935 ~ gill@fitforlifeforyou.com ~ www.fitforlifeforyou.com