

Newsletter

Jan - Feb 2020

Last class for this current term w/c 9th December 2019.

We resume again w/c 6th January 2020

● JAN FEB 2020

Monday – 6th Jan – 10th Feb ~ 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 – 7th Jan – 11th Feb ~ 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 – 8th Jan – 12th Feb ~ 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 – 9th Jan ~ 13th Feb ~ 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.

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

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**

Where are my shoulders???

Are they nicely drawn down away from your ears with your shoulder blades drawn down your back and slightly toward each other with a nice tall spine and long neck as you read this?

Or, are they hunched up to your ears, forward so your chest is concave and upper back rounded, hunched forward.... So easy to find ourselves in that position in our daily lives. Keep checking! Keep correcting!

● **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](http://www.naturalbeautyfarnham.co.uk) at Farnham Sports Centre www.naturalbeautyfarnham.co.uk

[Kay Wardle – Sports Massage](mailto:activeseniors@hotmail.com) - she comes to you. 07960 759 365 / 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 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

Lovely Aloe Vera Products

*Aloe Gelly ~ good for bites, stings, scratches, burns (including sun burn) £12.73

*Aloe Hand Sanitizer (handbag size) also good for bites, stings etc whilst on the go! £3.53

*Aloe Sun Lips ~ SPF 30 £4.26 or Aloe Lips (no SPF) £2.99

*Aloe Sunscreen ~ SPF 30 also good as an after sun £12.73

*Forever Travel Kit ~ Shampoo, Conditioner, shower Gel, Toothgel & moisturiser all in small travel size bottles £18.60

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