

Newsletter

June-July 2018

Last week of this current course ~ w/e 21/5. Then no classes W/C 28/5 as bank holiday/half term week.

● JUNE - JULY 2018

Monday – 4th June – 16th July ~ 7 weeks @ £59.50

- ♥ U3A The Maltings 10-11am and 11-12am Pilates (must be a U3A member) (Gill)
(Ask for U3A class pricing) U3A classes finish 25th June
- ♥ Phyllis Tuckwell Hospice 6.00-7.00pm Pilates (Instructor – Kay)
- ♥ Grayshott Village Hall 6.00-7.00pm Pilates (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm Pilates (Instructor – John)

Tuesday – 5th June – 17th July ~ 7 weeks @ £59.50

- ♥ Milford Village Hall 9.45-10.45am Pilates (Instructor – Gill)
- ♥ U3A The Maltings 11.30-12.30am Pilates (must be a U3A member) (Gill)
(Ask for U3A class pricing) U3A classes finish 26th June

Wednesday – 6th June – 18th July ~ 7 weeks @ £59.50

- ♥ St Joan's Centre 10.30-11.30am Pilates (Instructor – Christine)
- ♥ St Joan's Centre 11.45-12.45pm Pilates (Instructor – Christine)
- ♥ Bramley Village Hall 10.30-12.00pm Over 60's Keep-fit (Instructor – Kay)
- ♥ Grayshott village Hall 6.00-7.00pm Pilates (Instructor – Christine)
- ♥ Beacon Hill School 6.15-7.15pm Pilates (Instructor – Gill)

Thursday – 7th June ~ 19th July ~ 7 weeks @ £59.50

- ♥ Frensham British Legion 10.00-11.00am Pilates (Instructor – Gill)
 - ♥ Elstead Village Hall 6.25-7.25pm Pilates (Instructor – Gill)
- (For next term dates see over page under 'Classes during the School Summer Holiday' section.)

● PRICES

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

* Pay As You Go – **New terms from 4th June 2018** - anyone on paygo will be required to pay for 4 weeks of any one term up front please. So at the beginning of each term you pay £40, which can be cash/chq/online. That gives you 4 classes in that term, and, obviously if you attend more than 4 of the 7 weeks you can pay £10 per week for the additional weeks you are able to attend.

Block Booking

The price will be applied if 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.

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

● CLASSES DURING THE SCHOOL SUMMER HOLIDAYS

Summer Holiday Classes – our last date for ALL classes to run will be w/c **16th July**. Then only a few classes will run during the school summer holiday and ALL classes will resume again w/c **3rd Sept**. So if you would like to attend a class during the school summer hols – **w/c 23rd July – w/e 24th Aug** 5 weeks @ £42.50 or paygo minimum of £40 to be paid upfront. As occasionally in the past people have said they will attend class, not paid and then changed their mind – I please ask that

a) you check your diary before replying, and,

b) be aware that you will be asked to pay upfront (during w/c 16th July) and no refunds will be made.

PLEASE REPLY TO THE EMAIL WITH YOUR CLASS CHOICES – THANK YOU.

● 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

Mat straps to carry your mat to class, Jeff, who attends Elstead class is making some up so if you'd like one just let me know. £4.00.

● WHATS IN THE BASKET?

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

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