

Newsletter

June - Aug 2019

Last class for this current term w/c 20th May 2019.
No classes from 27-31 May as bank holiday/half term.

• JUNE - JULY 2019

Monday – 3rd June - 15th July ~ 7 weeks @ £59.50

- ♥ U3A The Maltings 9.50-10.50am & 11-12pm (must be a U3A member) (Gill)
(Ask for U3A class pricing) (3rd June – 24th June = 4 weeks)
- ♥ Grayshott Village Hall 6.00-7.00pm (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm (Instructor – John)

Tuesday – 4th June – 16th July ~ 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) (4th June – 25th June = 4 weeks)

Wednesday – 5th June – 17th July ~ 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 – 6th June ~ 18th July ~ 7 weeks @ £59.50

- ♥ Frensham British Legion 10.00-11.00am (Instructor – Gill)
- ♥ Elstead Village Hall 6.25-7.25pm (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 – 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, once you've used up your four, will be 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

● JULY - AUGUST 2019

Classes that will run through the school summer holiday. Payment is due by **12th July** please. If you hadn't booked on to a class but would now like to attend all/some of the term please let me know.

We'll be back to full timetable from w/c 2nd Sept. for 8 weeks.

Mondays – no classes 22nd July – 19th Aug – resume 2nd September

Tuesdays – Milford village hall 9.45-10.45am
23rd July – 20th Aug 5 weeks @ £42.50 or paygo £40

Wednesdays – St Joan's Church 10.30-11.30 & 11.45-12.45pm
And, Grayshott village hall 6.00-7.00pm
24th July – 21st Aug, 5 weeks @ £42.50 or paygo £40

Thursdays – no classes 25th July – 22nd Aug - resume 5th Sept.

No classes 26-29 August as bank holiday week, resume w/c 2nd Sept.

● 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/B004X61Y8O/ref=sr_1_13?ie=UTF8&qid=1378205381&sr=8-13&keywords=yoga+mats

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