

Newsletter

NOV-DEC 2018

Last class for this current term w/e 15th October. No classes 22-26 Oct as half term.

● NOV-DEC 2018

Monday – 29th Oct - 10th Dec ~ 7 weeks @ £59.50

- ♥ U3A The Maltings 10-11am and 11-12am Pilates (must be a U3A member) (Gill)
(Ask for U3A class pricing)
- ♥ Grayshott Village Hall 6.00-7.00pm Pilates (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm Pilates (Instructor – John)

Tuesday – 30th Oct – 11th Dec ~ 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)

Wednesday – 31st Oct – 12th Dec ~ 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)
- ♥ Grayshott village Hall 6.00-7.00pm Pilates (Instructor – Christine)
- ♥ Beacon Hill School 6.15-7.15pm Pilates (Instructor – Gill)

Thursday – 1st Nov ~ 13th Dec ~ 7 weeks @ £59.50

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

(No classes 17th Dec – 4th Jan – resume w/c 7th January 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 – 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 is charged at £10 per additional week.

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 week.

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

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

[Kay Wardle](mailto:activeseniors@hotmail.com) – Sports Massage - 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/B004X61Y8O/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