

Newsletter

NOV - DEC 2019

Last class for this current term w/c 21st October 2019.

No classes from 28-31 Oct as half term week. Except the new Beacon Hill class.

● NOV-DEC 2019

Monday – 4th Nov – 9th Dec ~ 6 weeks @ £51

- ♥ U3A The Maltings 9.50-10.50am & 11-12pm (must be a U3A member) (Gill)
(Ask for U3A class pricing) (Monday U3A class starts 9th Sept = 7 weeks)
- ♥ Grayshott Village Hall 6.00-7.00pm (Instructor – John)
- ♥ Grayshott Village Hall 7.00-8.00pm (Instructor – John)

Tuesday – 5th Nov – 10th Dec ~ 6 weeks @ £51

- ♥ 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 – 6th Nov – 11th Dec ~ 6 weeks @ £51

- ♥ 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)

6th Nov – 4th Dec as unable to use school due to school play but there will be a class on **Tue 10th Dec 6.30-7.30pm** (this will then be a 6 week @ £51 or 7 week @ £59.50)

Thursday – 7th Nov ~ 12th Dec ~ 6 weeks @ £51

- ♥ Frensham British Legion 10.00-11.00am (Instructor – Gill)
- ♥ **NEW Milford Village Hall** 1.30-2.30pm (Instructor – Gill)
- ♥ **NEW Beacon Hill School class - Starts 31st Oct** 6.30-7.30pm (Instructor – Gill)

31st Oct – 5th Dec as unable to use school due to school play but there will be a class on **Tue 10th Dec 6.30-7.30pm** (this will then be a 6 week @ £51 or 7 week @ £59.50)

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 (£59.50). If attending 2 classes per week = £93.50 (£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

● PILATES TIPS

Where's my head???

Is it, sat on top of your shoulders? Or, is it hanging down looking at keyboard/electrical device, book etc etc . the more we do this 'head hanging down' the more it becomes the norm!

Think about keep your spine long and sit/stand tall, crown of head to ceiling. Draw shoulders down away from ears and shoulder blades drawn down your back. Chin slightly tucked.

And, check, especially when driving, does your chin jut forward.....

● 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

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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