

Newsletter

Sept-Oct 2018

● SEPT-OCT 2018

Monday – 3rd Sept - 15th Oct ~ 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 – 4th Sept – 16th Oct ~ 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 – 5th Sept – 17th Oct ~ 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 – 6th Sept ~ 18th Oct ~ 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 22nd-25th October as half term – resume w/c 29th October)

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 classes attended, during that term is charged at £10 per 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 the term, thereafter any classes attended, during that term is charged at £10 per 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

● A FEW CLASS CHANGES - PTH AND BRAMLEY

Kay has been teaching Phyllis Tuckwell Hospice Pilates class Mondays 6pm and Bramley Keep-fit Wednesdays 10.30am for some time now and of late has taken on more administrative duties so it now seems a natural next step for her to take the classes on permanently. As of September they will no longer be under my 'umbrella'. However if you occasionally attend this class please contact me and we can maybe work something out.

● 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

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)

Gill Keitch ~ 07887 570 935 ~ gill@fitforlifeforyou.com ~ www.fitforlifeforyou.com