



Pyramid Health and Fitness Newsletter

November 2009

Welcome to the Pyramid Health and Fitness Newsletter, which has been designed to keep you up-to-date with classes and events that are taking place, and also to give you information and tips on Health and Fitness and Nutrition.

If there is anything that you would like to see in the newsletter, or if you would just like to tell me what you think of the newsletter, then please contact me on alice@pyramidfitness.co.uk or call me on 07500 772146.

Your comments and feedback are much appreciated.

I look forward to seeing you all soon.

Alice

Up and coming events

As well as my regular 'pay as you go' classes, I have the following courses and one off events happening soon:

November 21st (Saturday) Social Do! We will be heading out for a meal at Ask in High Wycombe and then on for a drink and maybe a boogie if anyone fancies it!! This Event is now closed and fully booked.

November – Zumba Toning Taster session on Mondays 23rd and 30th November and Saturday 12th December – see newsletter for further information

Saturday 12th December – Boxercise Super Circuit – Holmer Green Village Hall – 10.05am – 11am - £5 in advance

Tuesday 5th January – 'Candalates' (Fitness Pilates by candlelight) Scores Bar Wycombe Wanderers Football Ground, 2 times available: 6pm – 7.15pm or 7.30pm – 8.45pm - £6 in advance

NOW – Zumbatomic – suitable for children age 4 – 12. Suitable for after school clubs or during lesson times.

Coming Soon:

Burlesque Fitness Workout will be on Thursday 28th January 2010 – contact me for further details.

New classes starting in January 2010! Sculpt and Tone, Weigh in and Workout sessions, Early Morning Bootcamp, Zumba in Amersham More details soon.

Next Boxercise, Fitness Pilates and Saturday and Sunday Zumba courses will be starting in January. More details soon!

The Pyramid Health and Fitness Christmas do will be in January, more information coming shortly!

For details of these events, and details of my other classes, please feel free to look at my website www.pyramidfitness.co.uk
To book a place on any of these events, or for any further information, then please contact me by one of the methods shown above.

Body Shop Goodies!!

Why not Party with The Body Shop At Home this Christmas, there are some gorgeous new Christmas Products available including Vanilla and Nutmeg and Black Velvet Apricot. You can also get your hands and an Exclusive Host special when you host a party this October. This months Host Exclusive is the Merry Cranberry Collection all for just £5....Wow. It's an evening full of fun and free pampering with friends, neighbours and family.

If you are unable to host a party and would just like to place an order then yet again there are great offers including 10% off ALL orders...yes, that's 10% off ALL orders. Also, if you spend £30 or more between 1st October to 31st December you can buy a gorgeous Gold Clutch Bag along with a choice of 3 different product collections, Moringa, Neroli Jasmin and Make-up, all for just £5.

Please call me on 01494533338 or 07734438879 or email me on bexcollett@hotmail.com to book a party or place an order. You can also ask the lovely Alice for a Christmas brochure and order forms.

Member of the Month

This month Member of the Month goes to

Suki St John

Who attends the Little Black Dress Workout on a Thursday evening and has been working hard to achieve her goals.

Keep up the good work Suki, and there will be a small prize on it's way to you.



Take a Break in Weymouth

1 Bedroom flat situated within a few minutes drive of Weymouth town centre

Spacious accommodation which sleeps 4 people in comfort, one double bed and 1 double sofa bed in the lounge area

Daily rate from : £30.00

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Call or e-mail for more information or to book your stay!

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Mob: 07808 – 000608

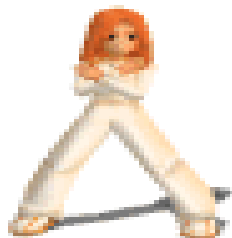
louhawkins1@aol.com

Quick Tip

Exercise with a Partner:

Having a partner is a fantastic motivator. It's more fun to work out with a friend, they'll help to push you harder, and on those days when you just don't feel like it, it's much harder to bail out knowing that someone else is depending on you.

On the new website coming soon, I will be setting up a new fitness forum for Pyramid Health and Fitness. Here you will be able to discuss all things health and fitness, and also am looking at introducing a 'find a buddy' scheme for those people that might not want to attend class on their own, or lack the motivation to attend class on their own!!



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Zumba!

Just to remind you we have lots of Zumba going on, for those of you who need your Zumba fix!!

As well as the Zumba block sessions in Holmer Green and Wooburn Green, Regular 'Pay As You Go' classes are still running at the following locations and times, at £4.50 per session:

Monday 6pm – 6.50pm – William Ramsay School, Hazlemere

Tuesday 8.05pm – 8.55pm – Scores Bar, Wycombe Wanderers Football Ground, High Wycombe

Thursday 6.45pm – 7.45pm – Manor Farm Infant School, Hazlemere

Unfortunately the Zumba Charity event scheduled for December 4th will now have to be rescheduled for the New Year.

NEW ZUMBA CLASS STARTING IN NOVEMBER

We will be starting a brand new Zumba class at The Garden, High Wycombe Town Centre on Wednesday 25th November. The class will be from 6.10pm – 7.05pm and cost will be £5 pay as you go. Please contact us if you need any further information.

One off classes

The following one off classes will be running over the next couple of months, all must be booked and paid for in advance:

Monday 23rd and 30th November – Zumba Toning at Sir William Ramsay School, Hazlemere 6pm – 6.50pm - £5 per session in advance

Saturday 12th December – Zumba Toning at Holmer Green Village Hall – 9.00am – 9.50am - £5 in advance

Saturday 12th December – Boxercise Super Circuit – Holmer Green Village Hall – 10.05am – 11am - £5 in advance

Tuesday 5th January – 'Candalates' (Fitness Pilates by candlelight) Scores Bar Wycombe Wanderers Football Ground, 2 times available: 6pm – 7.15pm or 7.30pm – 8.45pm - £6 in advance

Thursday 28th January – Burlesque inspired workout – Manor Farm Infant School 6.45pm – 8.00pm cost to be confirmed (replaces Zumba that evening)

Please contact me for more info or to book places.

Important notice for all Members

Please note that as of 1st January 2010, the cost of the pay as you go classes will increase to £5 per session.

Classes run as courses, will remain the same price (equivalent of £5 per session)

Cost of the 5 class passes will increase to £23.50 and the 10 class passes will increase to £45.00

You will still be able to purchase the 5 and 10 class passes at the old rate until 31st December 2009 (£21.50 for 5 pass and £42.50 for 10 pass) and these will be valid as usual for 2 months for the 5 class pass and 4 months for the 10 class pass, so you can still start the new year with some savings!!

Please also note important class cancellation information:

There will be no classes at all on Tuesday 24th November, due to availability of the room at Wycombe Wanderers (there's a football match on!!)

There will be no Fitness Pilates classes on Tuesday 15th December but the Zumba class at 8.05pm will still be running.

There will be no Circuits class at Wycombe Hospital on Wednesday 16th December.

Please note last classes of the year as follows:

Monday night Zumba at Sir William Ramsay School 6pm – last class Monday 15th December

Wednesday night Zumba at St Pauls, Wooburn Green 7.30pm – last class Wednesday 16th December

Thursday afternoon LBT and Body Conditioning in Speen, 3pm – last class Thursday 17th December

Thursday night Zumba at Manor Farm Infant School, 6.45pm – last class Thursday 17th December

Friday morning Fitness Pilates at Naphill Village Hall, 9.45am – last class Friday 18th December

Monday night Body Blitz at Great Kingshill Village Hall, 7.30pm – last class Monday 22nd December

Tuesday night Fitness Pilates – last class Tuesday 22nd December (this will be the last session of the 10 week course, new 10 week course will start in January)

Tuesday night Zumba class at Scores Bar, High Wycombe, 8.05pm – last class Tuesday 22nd December

Wednesday night Circuits at Wycombe Hospital, 6pm last class 23rd December

Classes Back with a vengeance on Monday 4th January 2010!!!