

# Pyramid Health and Fitness Newsletter

## October 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](mailto: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:

**October – Saturday 10<sup>th</sup> – New Boxcercise 6 week block starts at Holmer Green Village Hall, 10.05am – 11am £30 per person payable in advance**

**October – Tuesday 13<sup>th</sup> – Legs Bums Tums and Body Conditioning Taster session – see page 5 of the newsletter for further details**

**October – Lots of Zumba taster sessions and classes going on, please see page 4 of the newsletter for more details.**

**October – week commencing 19<sup>th</sup> October, 4 week Bootcamp starts. See page 5 of the newsletter for further details.**

**November 21<sup>st</sup> (Saturday) Social Do! We will be heading out for a meal at Zi Zi's in High Wycombe and then on for a drink and maybe a boogie if anyone fancies it!! If you want to come along, let me know by email, phone, text or in person by Friday October 23<sup>rd</sup> at the very latest. Everyone welcome, the more the merrier**

**November – Zumba Toning Taster session on Mondays 23<sup>rd</sup> and 30<sup>th</sup> November and Saturday 8<sup>th</sup> and 15<sup>th</sup> – see page 5 of the newsletter for further details.**

**NOW – Zumbatomic – suitable for children age 4 – 12. See page 5 of the newsletter for further details**

**Coming Soon:**

**Burlesque Fitness Workout will be on Tuesday 12<sup>th</sup> January 2010 – contact me for further details.**

**New classes starting in January 2010! More details soon.**

**For details of these events, and details of my other classes, please feel free to look at my website**

**[www.pyramidfitness.co.uk](http://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.**

Is gentle or vigorous exercise better for you?

According to research carried out by Exeter University, and published in Preventative Medicine, middle aged and older adults are not aware of the relationship between the intensity of exercise done and the degree of health benefits gained. The researchers add that 30 minutes of brisk walking every day may be enough to reduce the risk of breast cancer, but regular participation in vigorous exercise is probably needed to reduce the risk of prostate and colorectal cancers. Lead researcher, Dr Gary O'Donovan, suggests that sedentary adults should complete a 6 to 12 week program of moderate exercise before considering a programme of vigorous exercise. Men older than 45 and ladies older than 55 should consult their doctor before taking up vigorous exercise.

Source: REPS journal, Preventative Medicine  
2007;45:432-435

### Muscle Strength is key for older adults

A new study has found that older people who have stronger muscles are less likely to be hospitalised. The study involved over 3,000 people aged between 70 and 80 who were followed for an average of 4.7 years. Weak strength, poor function and low muscle density were associated with a greater risk of hospitalisation.

Source: REPS journal, Journal of American Geriatrics Society 2009;57(8):1411-1419 (via Saga)

So, even more of a good reason to keep exercising as we age, with lots of classes on offer to strengthen those muscles, including Body Blitz, Circuits, Legs Bums Tums and Body Conditioning, there's really no excuse!!

## Introducing our 3 new instructors!!

**NAME:** Natalie Llewellyn - known to most as Natty

**AGE:** 33

**ABOUT ME:** I'm a mum of two beautiful children and live in Holmer Green with my husband Tom and our big fat cat, Florence. I've worked in TV for the last eleven years as a script editor on TV dramas. I have a passion for dance and trained as an aerobics instructor as a way of maintaining my love of jumping about and throwing some moves! I think there is nothing better in life than good friends, loving family and lots of laughter - preferably on a sunny day with a cold glass of vino...

**LIKES:** My children's laughter, Sunday Mornings, Snow, Reality TV, Crime Fiction

**DISLIKES:** Deep water, Jim Carey and (very) early mornings

**FAVOURITE COLOUR:** Green (it is hard being a redhead!)

**FAVOURITE FOOD:** Thai - hot hot hot!

**FAVOURITE EXERCISE:** Zumba for the heart rate, Yoga for the soul

**SOMETHING ABOUT ME NO-ONE KNOWS:** I once appeared on X-rated You've Been Framed ... come to my class to find out what happened!

**CLASSES:** Little Black Dress Workout, Legs Bums and Tums and more coming in New Year!

**NAME:** Kelly Francis

**AGE:** 22

**ABOUT ME:** I have just recently qualified to teach the most amazing way to work out - ZUMBA!!!

I started really getting into exercise in September 2008 with a weekly Legs, Bums and Tums group with Alice. I then realised that after Christmas, exercise alone was not going to shift my tummy. So I then started on the 10 week weigh in sessions, Nutritional course, along with Boxercise, L,B,T and then Zumba when it started. Overall, through hard work, determination and amazing support from Alice I lost nearly 2 stone and approximately 11"'. I have never felt so healthy and to be able to get into 10-12 sized clothes again, well what an amazing feeling!

**LIKES:** Sleeping, Christmas, New York oh and um Zumba!

**DISLIKES;** ..... Getting up early for work, Football programmes, Winter and Press Up's!

**FAVOURITE COLOUR:** baby pink, but my favourite colour combination currently is fuschia pink and black.:

**FAVOURITE FOOD:** Roast Dinners

Fav type of exercise is of course Zumba, but I also like Boxercise, Running and swimming.

**SOMETHING ABOUT ME NO-ONE KNOWS.....** I'm a Secret Millionaire!

**CLASSES:** Zumba

**NAME : Linda Panter**

**AGE : 32**

**ABOUT ME :**

**I am a member of the RSPCA fundraising committee.**

**I have 2 house-rabbits called Missy and Benji.**

**I am an avid Liverpool FC supporter.**

**I am half Honduran**

**LIKES: to read, catch up with my girlfriends and family, travel**

**FAVOURITE FOOD: am vegetarian so anything veggie!**

**FAVOURITE COLOUR: Red**

**DISLIKES: I am frightened of spiders and can't watch horror films!**

**SOMETHING NO-ONE KNOWS ABOUT ME : I was the only girl at school in my chess team and I was number 1, I played County Chess but then my Dad got posted to Germany so I never pursued chess any further.**

**CLASSES: Zumba**

**Member of the Month**

**This month Member of the Month goes to**



**Clive Wilton**

**Who attends the Fitness Pilates on a Tuesday evening and has been working hard to achieve some of his goals, and also very kindly came out and helped with the leaflet drops I organised over the last 2 weekends. There will be a small prize for you next time I see you – keep up the good work!**

**Apologies for delay in some of the classes**

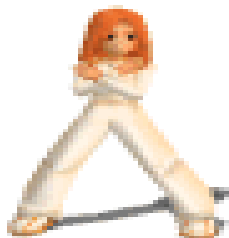
**As some of you know, unfortunately I was scammed by a leaflet delivery firm at the start of September who basically took my money and didn't deliver – literally!!**

**This has meant that there has been a slight delay in organising a few of my classes whilst I've been trying to get things reprinted and re-delivered – with the help of some willing volunteers from my classes – thank you all, I do appreciate it.**

**The Burlesque fitness class will now be in January, on Tuesday 12<sup>th</sup>.**

**My new class will be launched at some point in January next year too.**

**Please contact me for further information and thank you for bearing with me!**



# Zumba!

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

Regular 'Pay As You Go' classes are now up and 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

6 week block bookings are also running at the following location, at £30 per person for the 6 weeks:

Saturday 9.00am – 9.55am – Holmer Green Village Hall

We also have some new classes starting very shortly and taster sessions at the following locations and times – taster sessions are just £3 per person:

Wednesday 14<sup>th</sup> October – 8pm – 9pm – St Pauls Church Hall, Wooburn Green  
Thursday 15<sup>th</sup> October – 6.50pm – 7.45pm – St Michaels Church Hall, Beaconsfield  
Sunday 18<sup>th</sup> October – 10am – 11am – Holmer Green Village Hall

10 week block bookings will then start week commencing 26<sup>th</sup> October at these 2 venues. Cost is £50 per person for the 10 weeks. If you miss a class you may be able to slot in to another class free of charge to make up for the missed session, with prior arrangement and subject to availability. Times will be as follows:

Wednesdays – 7.30pm – 8.30pm – St Pauls Church Hall, Wooburn Green  
Thursdays – 6.50pm – 7.45pm – St Michaels Church Hall, Beaconsfield

6 week block booking will start on Sunday 25<sup>th</sup> October

Sundays – 10am – 11am – Holmer Green Village Hall (Please note the first class on 25<sup>th</sup> October will be 9am due to availability of the hall on that day)

Coming in December – Charity Zumba Evening Event and Party – Friday 3<sup>rd</sup> December – more details will be sent out shortly.

New Classes starting at a New High Wycombe Town Centre venue in November and other classes will also be starting at new venues in the New Year so keep watching for further details

## Legs Bums Tums and Body Conditioning

Time to tone those troublesome areas!

We are running another Legs Bums Tums and Body Conditioning taster on Tuesday 13<sup>th</sup> October at High Wycombe Judo Club, 6pm – 7pm. Cost of the taster is £5 per person payable in advance to secure a place. We are then looking to run a 10 week course starting 20<sup>th</sup> October at the same venue and time, cost of £50 per person in advance.

Please contact me for further details or to book a place.

**Early Morning Bootcamp - Get Seriously Fit over 4 weeks!**

Starts week commencing 19<sup>th</sup> October.

We will be meeting twice a week on a Tuesday (first class 20<sup>th</sup> October) and Thursday, at Great Kingshill Village Hall 6.15am – 7.00am.

No aerobics, no sit ups, no crunches, no embarrassing weigh in, just pure hard bootcamp fun!!!

We will be indoors for this bootcamp so no need for the thermals, but please bring plenty of water and a towel with you.

Cost of the 4 week Bootcamp is £50 per person payable in advance to secure a place.

You will also get motivational texts and emails and nutritional advice online.

## Zumba Toning

After attending the fantastic Zumba toning workshop in Orlando, i will be running some taster sessions on the following dates:

Monday 23<sup>rd</sup> and 30<sup>th</sup> November at Sir William Ramsay School, 6pm – 6.50pm and Saturday 8<sup>th</sup> and 15<sup>th</sup> December at Holmer Green Village Hall, 9.00am – 9.55am

Zumba Toning is less 'dancey' than traditional Zumba and more fitness oriented and includes light weights to tone muscles.

Cost of the tasters is £5 per person in advance to secure a place.

Please note, you will need to provide your own weights for this session, no heavier than 3lbs each. I may have limited amounts of the Toning Sticks for sale.

## Zumbatomic

Another workshop that I attended at the convention in Orlando, Zumbatomic is the childrens version of Zumba and suitable for those aged 4 – 12 years.

I am currently teaching this at Sir William Ramsay School to the year 7 pupils, and am also heading in to 4 primary schools next week to teach during sports week.

If you work at a school or childrens centre, and think this is something that might go down well either during lesson time or as an after school activity, then please contact me to discuss.

## Little black Dress Workout

The 10 week course started on Thursday 8<sup>th</sup> October, but we still have room for some more if anyone is interested!

A great way to work out and get in to those party outfits!

An optional weigh in, and a 45 minute workout to target those problem areas and get you in shape for the party season!

## 12 week weight loss challenge

The next 12 week weight loss challenge will be starting early November.

There are 2 times available – Mondays at 6pm and Fridays at 1.15pm. Both are taking place at Booker Memorial Hall.

Both courses will be run by Steph.

A fantastic way to lose weight for the festive season, and to carry on in the New Year.

For further information, or to book a place, please contact Steph direct on 07775 762 529