



Blackheath Group Exercise

Welcome to BGE News

Issue 16 – important BGE
information

Sometimes the thing that is holding you back...



...is all in your head.

Thank you to Gina

Taking BGE forwards in March 2016

Taking BGE forwards from April
2016 onwards

Think differently

Check out our website for all the up
to date information on BGE

www.blackheathgroupexercise.com

or 'like' and follow us on Facebook.



Your feedback is always important

Thank you to Gina...and good luck in the future

It is with deep sadness that we tell you that Gina has decided to leave Blackheath Group Exercise.

She will be teaching her class on Wednesday, 24/2/16 and will then leave BGE. Danny is covering her classes on Monday, 22/2/16 and 29/2/16.

With that in mind, Danny and Paul have decided to take the opportunity to change the way BGE runs. More on that later.

BGE have been incredibly lucky to have Gina teach her classes. From the beginning of BGE, she has been a cornerstone of the company and the timetable was designed to make sure you got the benefit of her experience.

She is one of the best instructors in the area and has been an amazing ambassador for BGE. Her enthusiasm for BGE and her teaching skills and ideas will be sorely missed.

Danny and Paul are incredibly sad to see her go. We are sure you join with us in wishing her every success in the future.

Thank you for all the classes you have taught for BGE Gina and good luck with everything you do.



Taking BGE Forward during March 2016...

With Gina leaving BGE, Danny and Paul are looking to change the way they run BGE.

During March, their classes will still be on the timetable; Gina's Monday night and Wednesday night classes are being taken off the timetable.

Paul will be responsible for the delivery of his classes – and you will pay him directly for those classes. The same apply to Danny's class.

Because the timetable has changed, our membership prices are no longer appropriate.

With immediate effect, please stop any monthly payments to BGE. Please do not make a payment to BGE in March.

Should you make a payment to BGE by accident, please contact Paul and he will arrange for the money to be returned to you.

You can call him on 07976 605598 or email him on mail@fforfitness.com

During March, Danny's Ultimate Boxercise will be charged at £10 per person, per class.

Because Paul has more classes, his pricing structure is a little more complicated!

Class Title	Pay As You Go	Monday Monthly Discount	Thursday Monthly Discount	Double Discount
Total Body Workout	£7.50 (per class)	£18.00 (per month)		
Tone Up and Shape Up	£7.50 (per class)		£20.00 (per month)	
If you do both classes each week!				£35.00 (per month)

With Paul's prices;

- if you want to come occasionally, then the Pay As You Go works for you
- if you only want to do Monday's class and pay for March in advance, the Monday Discount works for you
- if you only want to do Thursday's class and pay for March in advance, the Thursday Discount works for you
- if you want to do both of Paul's classes in March and want to pay in advance for March, the Double Discount works for you

If you want to make any payments for Paul's classes in advance, please contact him direct on 07976 605598.

Because of Easter, there is **NO TOTAL BODY WORKOUT ON MONDAY, 28 MARCH 2016.**

Taking BGE forward from April 2016 onwards...

Danny and Paul are working on taking BGE forwards during April and beyond. Their priority has been to keep classes going in the short term; they are working on taking the business forwards for the rest of the year.

The BGE website www.blackheathgroupexercise.com is also undergoing an overhaul. There will be some changes made in March to reflect the immediate changes; there will be more updates during the month.

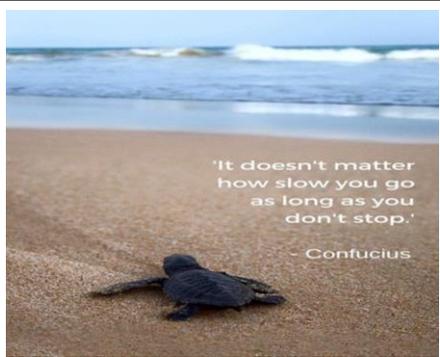
Whilst Danny and Paul are happy to answer any questions you may have, please give them the time if they don't have the answer straight away! They are always happy to hear your feedback and you can contact them in the normal ways.

They will continue to let you know what's going on during March using the newsletter, the website and facebook...and obviously in class, face to face or by phone and email.

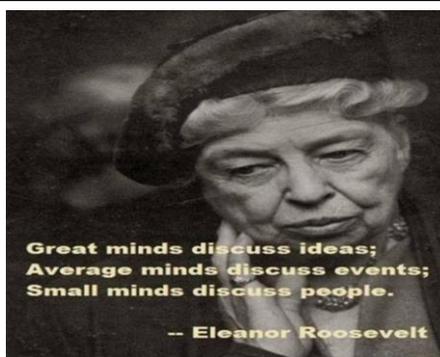
If you haven't signed up for the newsletter, or are not following BGE on facebook, please let Paul have your email address or 'like' us on facebook. It's really important to Danny and Paul that you are fully aware of what's going on and are kept up to date with any decisions that are made.

Your ongoing support of BGE is really appreciated and Danny and Paul are really grateful to everyone...watch this space!

ONE REASON PEOPLE RESIST CHANGE IS BECAUSE THEY FOCUS ON WHAT THEY HAVE TO **GIVE UP**, INSTEAD OF WHAT THEY HAVE TO **GAIN**.



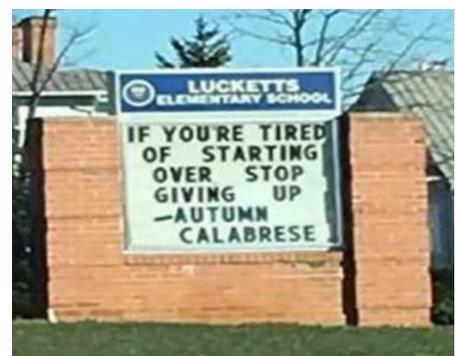
THE HAPPIEST PEOPLE DON'T HAVE THE BEST OF EVERYTHING, THEY JUST MAKE THE BEST OF EVERYTHING.



GOOD MORNING!
"This is a WONDERFUL DAY And I have never seen this one ever before."
Maya Angelou WWW.VERYBESTQUOTES.COM

THINK

DIFFERENTLY...



TEENAGERS
tired of being harassed by your parents?
ACT NOW!
Move out, Get a job, & Pay your own way,
QUICK!
while you still know everything!

