



Blackheath Group Exercise

**FITNESS
FUN
FRIENDSHIP**

Welcome to

BGE News

Issue 17 – taking BGE forward into 2016



...speaking of an old pouffe, Paul is taking BGE on!

Thank you for all your support...

Taking BGE forwards...Last Ultimate Boxercise 19 March 2016...

Easter Timetable...

New Prices from 1st March 2016...

Pay as you go loyalty card...

Updated website...

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 to us and we want you to tell us what you think.

Thank you for all your support...

Dear BGE supporters

Danny and Paul would like to thank everyone for their ongoing support whilst we are making the changes to BGE.

We've come up with a plan to take BGE forwards into 2016 and, with all your continuing support, both now and in the future, we know BGE will continue to be fantastic.

We really could not have had the fun, the fitness and all the friendships over the last few years without you all...we do not take that for granted.

Going forwards, BGE will continue to offer Paul's classes but, sadly, Danny's Saturday Ultimate Boxercise will finish on Saturday 19 March 2016.

Thank you all again for all your attendance and support over the last few years; here's to more fun, fitness and friendship going forwards.

Yours

Danny and Paul

Taking BGE forwards...

Danny's last Ultimate Boxercise will be on 19 March 2016. Thomas Tallis would have been closed for Easter so we have taken the decision to finish the class a week earlier than we planned.

We are really sad to end Ultimate Boxercise and we are really lucky to have had some amazing people coming regularly.

Danny and Paul are very grateful to everyone who has come along week after week.

Easter Timetable 2016...

Paul's classes will continue through March and from now on. There are no further changes planned to BGE. The only cancellation over the Easter weekend will be **Total Body Workout on Monday, 28 March 2016**. All other classes remain the same.

New prices from 1 March 2016...

As mentioned in the last newsletter, Paul is looking at keeping prices down whilst delivering outstanding classes.

The following prices will apply from now on...

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 in advance, the Monday Discount works for you
- if you only want to do Thursday's class and pay in advance, the Thursday Discount works for you
- if you want to do both of Paul's classes and want to pay in advance, the Double Discount works for you

Please bear with us whilst we sort the bank account out and, with effect from 20 March 2016, we will be able to give you bank details for future payments. In the meantime, please pay cash for March's classes and give the money to Paul.

PAY AS YOU GO loyalty card...

Some people have said that they don't want to pay for a monthly membership but want to come every week/every class. To reward those people, Paul is introducing a loyalty card...for every eight classes you come to, you get the ninth class free! Please pick up a discount card from Paul when you come to class and start saving!!!!

Updated Website...

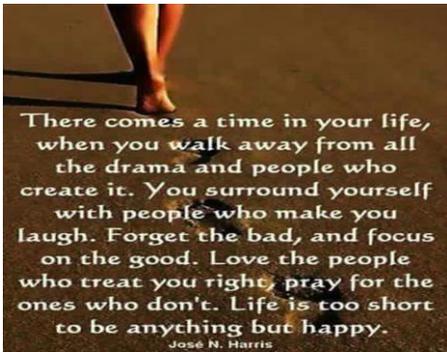
Danny has updated the BGE website; it has all the changes on it...including the new prices. Check it out and let us know what you think. www.blackheathgroupexercise.com

fb/theidealist

Follow your heart



but take your brain with you.



There comes a time in your life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh. Forget the bad, and focus on the good. Love the people who treat you right, pray for the ones who don't. Life is too short to be anything but happy.

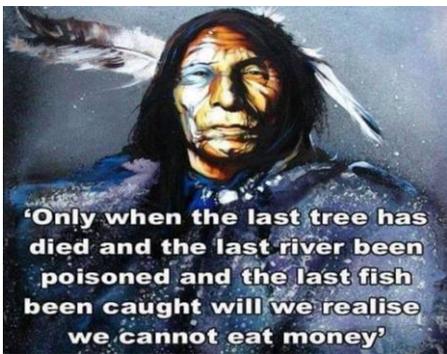
José N. Harris

helping one person might not change the whole world,



but it could change the world for one person.

chibird

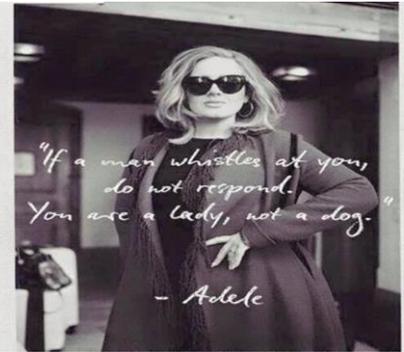


'Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money'



Be careful when you're blindly following the masses. Sometimes the M is silent.

you not belong in the herd.com

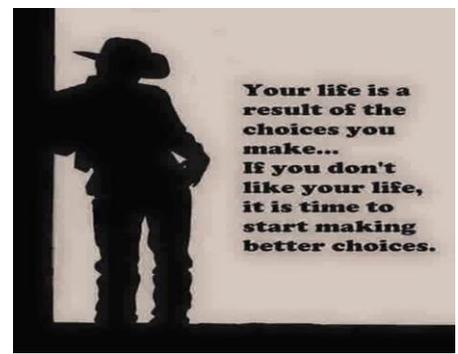


"If a man whistles at you, do not respond. You are a lady, not a dog."

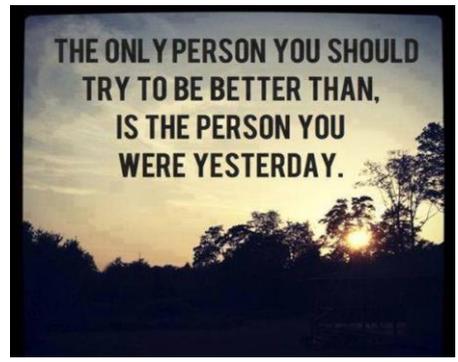
- Adele

The best apology is changed behavior.

Balance is the key. In everything you do. Dance all night long and practice yoga the next day. Drink wine but don't forget your green juice. Eat chocolate when your heart wants it and kale salad when your body needs it. Wear high heels on Saturday and walk barefoot on Sunday. Live high and low. Move and stay still. Embrace all sides of who you are. Be brave, bold, spontaneous and loud and let that complement your abilities to find silence, patience, modesty and peace. Aim for balance. Make your own rules and follow your own path and don't let anybody tell you how to live according to theirs.



Your life is a result of the choices you make... If you don't like your life, it is time to start making better choices.



THE ONLY PERSON YOU SHOULD TRY TO BE BETTER THAN, IS THE PERSON YOU WERE YESTERDAY.

THINK DIFFERENTLY...