

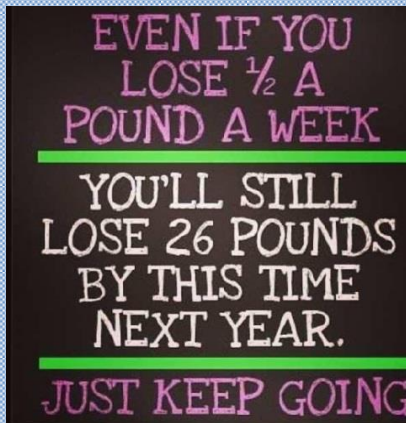


# Blackheath Group Exercise

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## Welcome to BGE Interim Update

Issue 12 – November 2014



**Christmas Aerobathon 2014 – save the date**

**Danny's new website and blog**

**14 – 16 Class Update**

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

[www.blackheathgroupexercise.com](http://www.blackheathgroupexercise.com)

or find us on Facebook.



Your feedback is always important to us and we want you to tell us what you think.

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Welcome to the latest interim update of BGE News...the newsletter for everyone (and their friends) who comes to any of Blackheath Group Exercise's classes. This is a shorter version of the monthly newsletter and the December/January edition will be out in the first week of December.

## Christmas Aerobathon 2014 – save the date!

There has been a change of date and venue for the Aerbathon from the last newsletter.

PLEASE KEEP **THURSDAY, 11 DECEMBER 2014** free to come and support the BGE Aerbathon in aid of Fairfun and Neutral Ground.

All monies raised will be given to **Fairfun**. Check out their website [www.fairfun.org](http://www.fairfun.org) and Jane Evans can give you more information about this great local charity.

Any donations or unwanted gifts, toys or games you make will be given to **Neutral Ground** – a charity we supported last year and that works tirelessly to keep families together.

Be ready at **OneSpace at 09.30am** for a 90 minute roller coaster ride of fun and fitness. Full details of the aerobathon will be in the next newsletter (and when Paul has pulled his finger out and sorted it!).

## Danny's new website and blog

Danny's new website is full of great advice, fitness tips and motivational articles to help you stay on top of your fitness goals.

The website is easy to navigate and please follow his blog to get fantastic advice from an amazing trainer for free!

[www.dannywallispt.com](http://www.dannywallispt.com)

## 14 – 16 Class Update

Thank you for your patience whilst we get this class up and running. Administrative hurdles, CRB checks and insurance issues have proved a challenge...but we are pushing forward to get the class going.

We haven't stopped trying and we thank you for your patience.